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"Sea Birds" by Oleg Cassini

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SEALY POSTUREPEDIC



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Opportunity Days.



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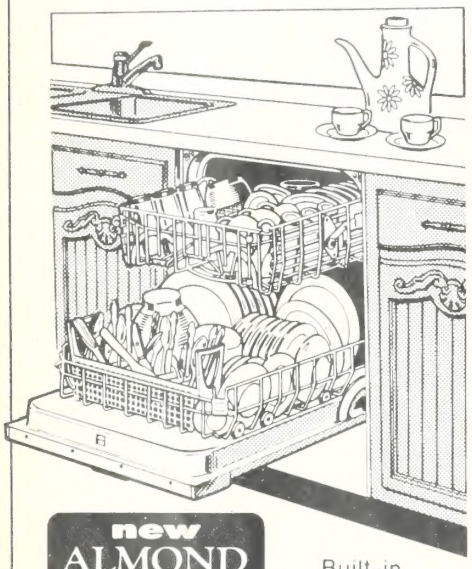
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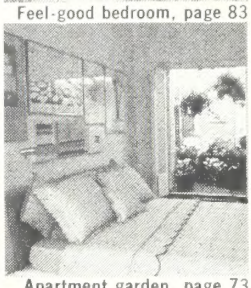
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People say it's the best.

JULY
1977

HOUSE & GARDEN®



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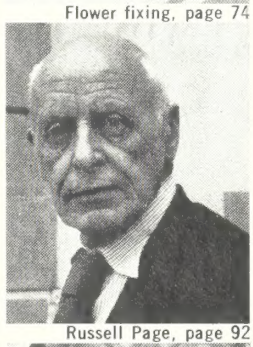
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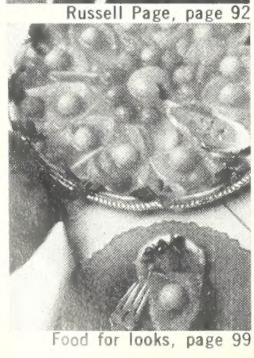
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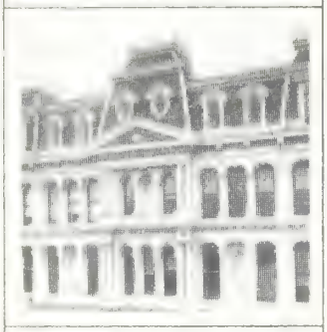
Cadillac Red sets a new standard of luxury red for the world.

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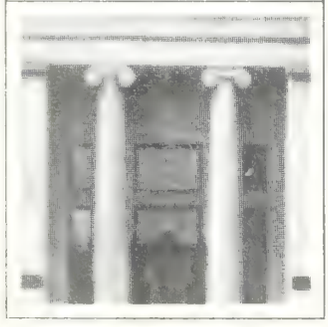
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JULY, 1977

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SUSAN WOOD

On the cover: A seaside porch that *looks* like the seaside with a sandy straw rug and furniture slipcovered in sheets patterned with oversize fish swimming on a wavy blue background. "Blue and white are classic summer colors—crisp, fresh, cool," says designer Mark Hampton who also used navy blue for floor-to-ceiling curtains for a dark contrast to the otherwise bright room. Large windows on three sides flood the porch with light sunrise to sunset, overlook water so nearby that the room becomes an indoor peninsula. Baskets of flowering geraniums, ferns, and a palm. "Fantastic Fish" sheets by Burlington. Shopping information, page 145.

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KAYLEA BAKKER

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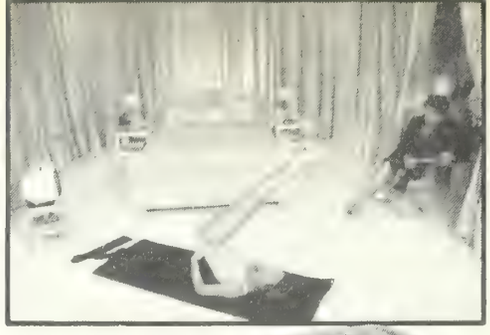
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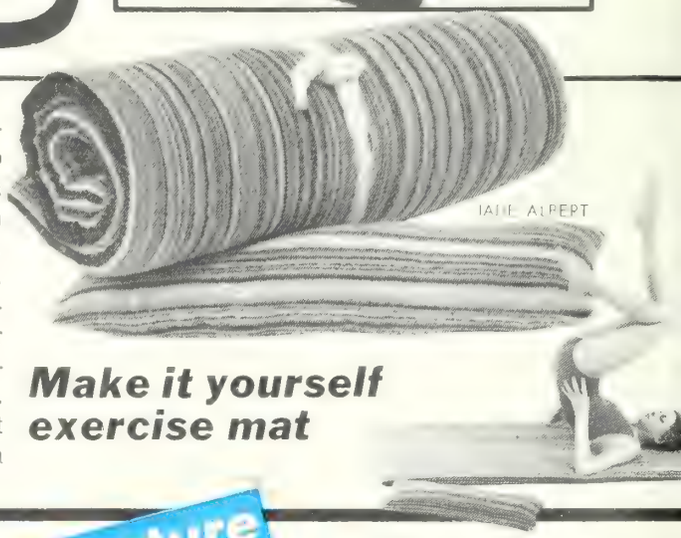
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Living

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JANE ALPERT

Make it yourself exercise mat

This exercise mat is a simple sewing job that takes less than 2 hours. And it's a money saver. All you need are: 2 bath sheets (these, "Streamers" by Martex) each approx. 36 by 70 inches. 1-inch foam pad 60 by 25 inches, approximately. 22-inch zipper in matching color.

Place foam pad between bath sheets with wrong side out. Using ½-inch seam allowances, pin-baste bath sheets to fit snugly around foam pad (as a pillow cover would fit). Trim away excess from one long side. Remove foam pad, set aside. Stitch bath sheets together, leaving 22-inch opening in the center of one long side. Insert zipper following instructions on package. Turn cover right side out. Insert foam pad. **Note:** Two pillows can be made from towel excess.

Pocket speakers

mall discovery of big nportance—quality udio sound from stereo peakers 7 by 4 by 4 ches. Hiding hi-fi onsters—no longer a roblem. Rock guitarist, eter Frampton, stashes em in luggage to make ortable concert-hall ythm. Aluminum r black, $200 pair, ADS.



Sweet scent of lavender

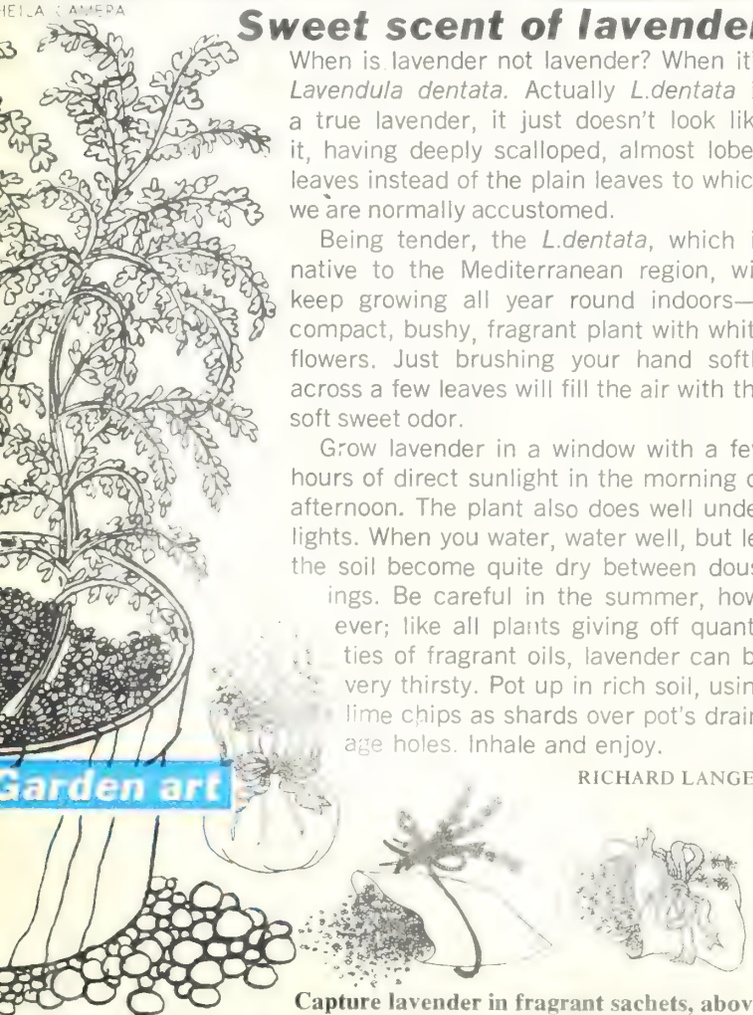
When is lavender not lavender? When it's *Lavendula dentata.* Actually *L.dentata* is a true lavender, it just doesn't look like it, having deeply scalloped, almost lobed leaves instead of the plain leaves to which we are normally accustomed.

Being tender, the *L.dentata*, which is native to the Mediterranean region, will keep growing all year round indoors—a compact, bushy, fragrant plant with white flowers. Just brushing your hand softly across a few leaves will fill the air with the soft sweet odor.

Grow lavender in a window with a few hours of direct sunlight in the morning or afternoon. The plant also does well under lights. When you water, water well, but let the soil become quite dry between dousings. Be careful in the summer, however; like all plants giving off quantities of fragrant oils, lavender can be very thirsty. Pot up in rich soil, using lime chips as shards over pot's drainage holes. Inhale and enjoy.

RICHARD LANGER

Garden art



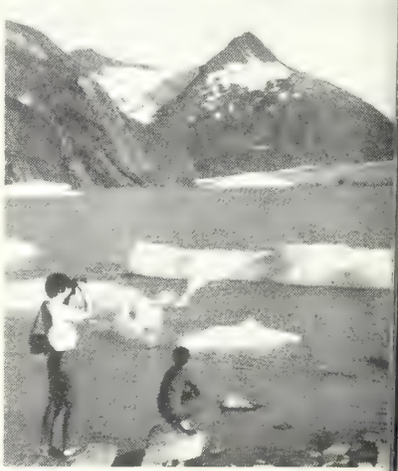
Capture lavender in fragrant sachets, above

Departure points

Alaska: cool spot in midsummer

Juneau, embraced by dramatic mountains and rain forest, clusters upward from the waters of the Gastineau Channel. Its hilly streets squiggle in and out with Alaska's Russian influence felt at the octagonally shaped Old Russian church, circa 1894 on 5th Street. Founded on gold, Alaska's capital was named for prospector Joe Juneau, who struck it rich there in 1880. Gold Creek still exists (minus nuggets) and so does much of the frontier atmosphere. The Red Dog Saloon has a sawdusted floor, lively piano-bar, and drinks reputedly iced by cubes from the Mendenhall Glacier 12 miles away. The Victorian-looking House of Wickersham is a treasury of Alaskana, where history is dispensed with delicious flaming sourdough cakes.

Only 11 jet minutes away from Juneau, Glacier Bay National Monument provides an exciting look at land emerging from an ice-age prison—black bears and mink roam freely in shadowy, primeval forests. Stay overnight in a rustic cabin at Glacier Bay Lodge, Bartlett Cove, where you can hear nature talks beside a blazing log fire and enjoy a juicy steak. Early morning, embark on the 8-hour cruise to Riggs Glacier. View a humpback whale diving (binoculars provided on board) or a little family of seals. Sail past floating icebergs shaped like glittering arches, see puffins and bald eagles on the craggy cliffs. If you wish to linger, there is superb fishing for trout or salmon, beautiful walks along unspoilt forest trails. Alaska Airlines has details of tours: 200 East 42nd St., New York, N.Y. 10017.



Alaskan scenery: Fjord-like Portage Lake with icebergs.

Alaskan Authentics

For dinner, Mike's Place across the Channel from Juneau.* Two in town are The Diggins at the Prospector Hotel, Latchstring at the Baranof Hotel.* Alaskan summer is in the 60's; take raincoat, sweater, and a pair of comfortable walking shoes.

VERONICA THOMAS



Hello Stripe.

Something really worth talking about...the Today look for all your Tomorrows.

Completely coordinated with sheets, pillow cases and ruffled shams, plump comforters and plush towels. Illustrated in Birch Grey. Also available in Sandalwood, Forget-me-not Blue or Honey Gold.

Just one of many new designs from the Royal Family collection.

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Maybe $79.95 is all you should spend for a mattress



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Tan Care is a beautiful way to keep your tan tanner longer. It has a special after tan moisturizing formula that helps prevent the flaking and peeling that cause fading. After sunshine there's nothing better for a beautiful tan.

Tan Care. The after tan lotion by Coppertone.



Living

Sweetness and light



Cuisine Minceur's Guerard

Michel Guérard's busy revising recipes. He used saccharin instead of sugar all through his book, *Cuisine Minceur* (William Morrow $12.95). Currently, he's experimenting with the natural sweeteners he really prefers—sugar, honey, fruit and fruit preserves or liquid from canned, unsweetened preserved fruit. One reworked recipe: For strawberry, raspberry, or black currant sauce (5 servings) substitute 3 tablespoons raspberry jelly for the sweetener equivalent of ½ cup sugar.

Winging it

HANK O'NEAL



Allegra Kent shaping up under water

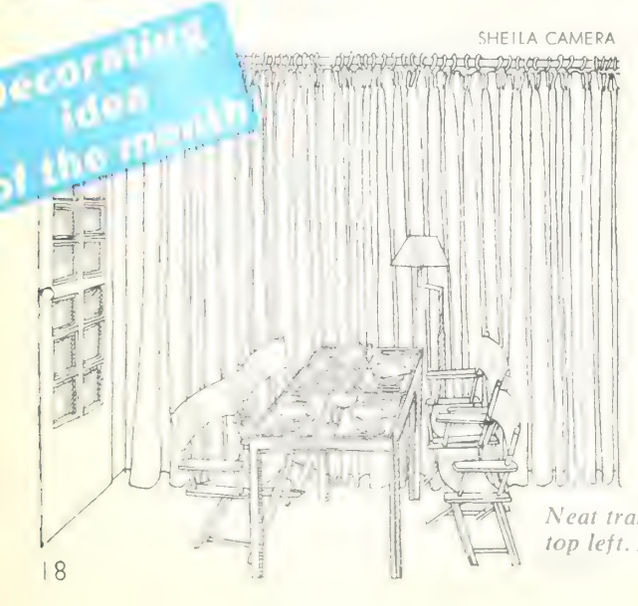
Ballerina Allegra Kent's new *Water Beauty Book* (St. Martin's Press, $10) may be the answer for those who love the water and should be exercising. These graceful exercises are done with water wings used on arms and legs. The effort needed to push the floaters through the water forces you to use muscles and in turn tones the body. Allegra Kent found they, along with regular ballet exercises, put her in excellent shape after she had her third baby. She does them every morning at the Y, for 15 or 20 minutes. "They make me more aware of all my muscles. Afterward, I feel I stand straighter, balance better, and have more strength and suppleness." And they're particularly effective, she says, for buttocks and thighs which, for most women, constantly need trimming and restrengthening. To do them, you need two or three pairs of water wings (Schwimmflugel size 2) from your local sports store, and her book, plus, of course, a pool.



Fabric-adabra

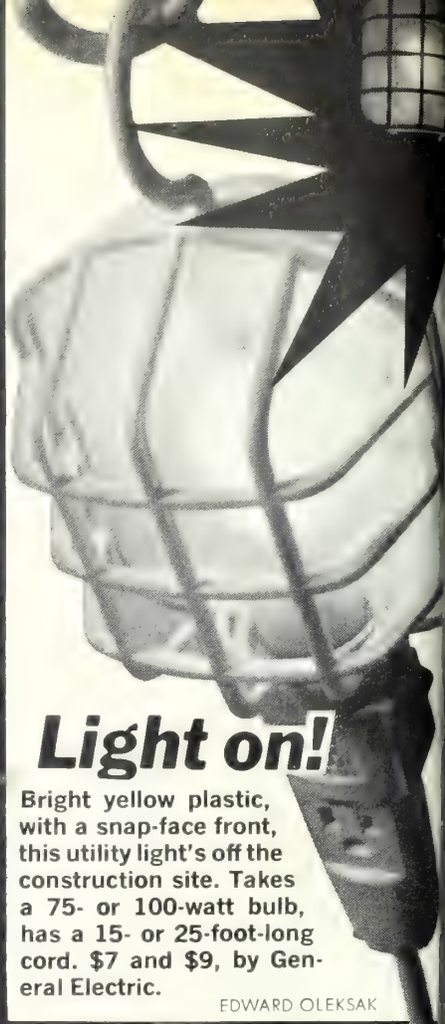
Increase your storage space with wall shelving around a room and close off the clutter with curtains. Decorator John Rieck does this in his own apartment, where office doubles as a dining room. In the evening, dinner guests are unaware of the room's day-time activity. This idea, Rieck points out, can be adapted all over the house. Curtains can hide shelves of children's toys, for example, and turn a playroom into an entertaining space when the kids are in bed.

SHEILA CAMERA





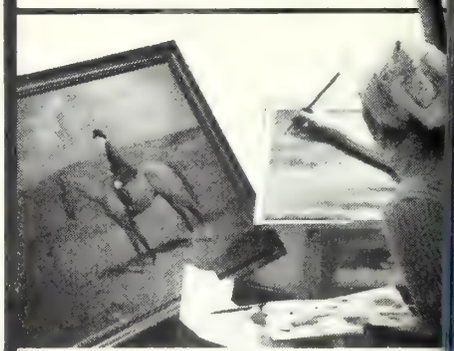
Neat transformation trick by decorator John Rieck, top left. Room, above, doubles for dining and work.



Light on!

Bright yellow plastic, with a snap-face front, this utility light's off the construction site. Takes a 75- or 100-watt bulb, has a 15- or 25-foot-long cord. $7 and $9, by General Electric.

EDWARD OLEKSAK



Transferring a painting at Art-Fac

Double take for painting

Suppose you have *one* fi family portrait and two chi dren who eventually hope to inher it. What do you do? You could hav another portrait painted, but the is an easier way of dividing grea grandfather. A new art form calle "transferral" enables any painting be copied onto canvas in three day The painting is photographed color, reduced or enlarged as yo like, and then coated with a polyme and dried overnight. It is the soaked in hot water, the phot graphic emulsion peeled off. Ne an adhesive is applied to the ba side, placed on a specially treat canvas, and vacuumed in a lar press. After drying, it is stretche onto an inner frame. Final step is brush-stroke canvas with clear acr ic. So good are results that the B gian government ordered a copy an original they failed to buy. Wr Art-Fac, Stevenson, Md. 21153.

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Taste so good you won't believe they're lower in tar than all these 100's:



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Of All Brands Sold: Lowest tar: 0.5 mg. "tar," 0.05 mg. nicotine av. per cigarette, FTC Report Dec. 1976. Kent Golden Lights 100's Regular and Menthol: 10 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.



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merry christmas

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QUESTIONS & ANSWERS

antiques



By Louise Ade Boger

Three Face compote



What can you tell me about the glass pattern of my compote and the way it was made? Is the compote very old?
C.T.G. — Walnut, Calif.

The popular, frosted, colorless glass pattern, "Three Face," first appeared in the 1870s and because it was so desirable, it has been widely reproduced. It shows a woman's full face, profile, and halfway between the two. The pressed tableware in this pattern is basically clear plain glass trimmed only by frosted sculptured knobs and stems. Frosting was carried out by the use of acid. To be sure your compote is an early example, do have it examined.

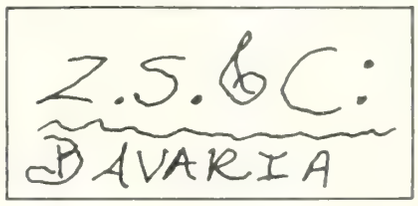
Sheffield fish service



Can you tell me who made my knife and fork and for what purpose they were used? E.D.M.—Livermore, Calif.

The English Victorian silver-platers John Round and Son, Ltd., who operated the Tudor Works and Arundel Works at Sheffield, made your fish service around the 1880s. Fish services were introduced into England about 1870.

Bavarian sugar bowl



From the mark I've drawn, are you able to identify my sugar bowl?
M.C.K.—Minneapolis, Minn.

Your mark was used at the German porcelain factory which was started by Zeb, Scherzer & Co. at Rehau, Bavaria, in 1880. It chiefly made table, coffee, and tea services.

American chair



I would appreciate any information you can furnish about the origin, style, and history of a chair such as this one.
G.G.—Philadelphia, Pa.

Your tall-back, upholstered open-arm-chair of early 20th-century American manufacture has been copied from the late 17th-century William and Mary style, the English version of the sumptuous French baroque Louis XIV style. Its tall upholstered back, a worthy frame for the towering headdresses of that time, was always given a pronounced rake, which is one of the features of the style. Rich materials—damask, figured Genoa velvet, embroidered silk, fine needlework and tapestry—were all employed. Tasseled fringes, elaborately festooned, are characteristic of the period.

Continued on page 24

When is a haircolor not a haircolor?



When it's Happiness... the Beauty Treatment for your hair.

Yes, the Beauty Treatment.

Happiness is the haircolor that does *lots* of lovely, luxurious things for your hair – all at once.

First, it's a gentle, no-peroxide haircolor that works magic on dull, fading hair. Adds highlights, glossy gleams and rich color kicks that pick up, perk up your natural haircolor.

And, at the same time, Happiness is busy conditioning your hair. Adding bounce and fullness. Leaving hair shinier. Healthier-looking. And just plain more beautiful.

Treat yourself to Happiness regularly. It does lots of lovely, luxurious things for your hair – all at once.

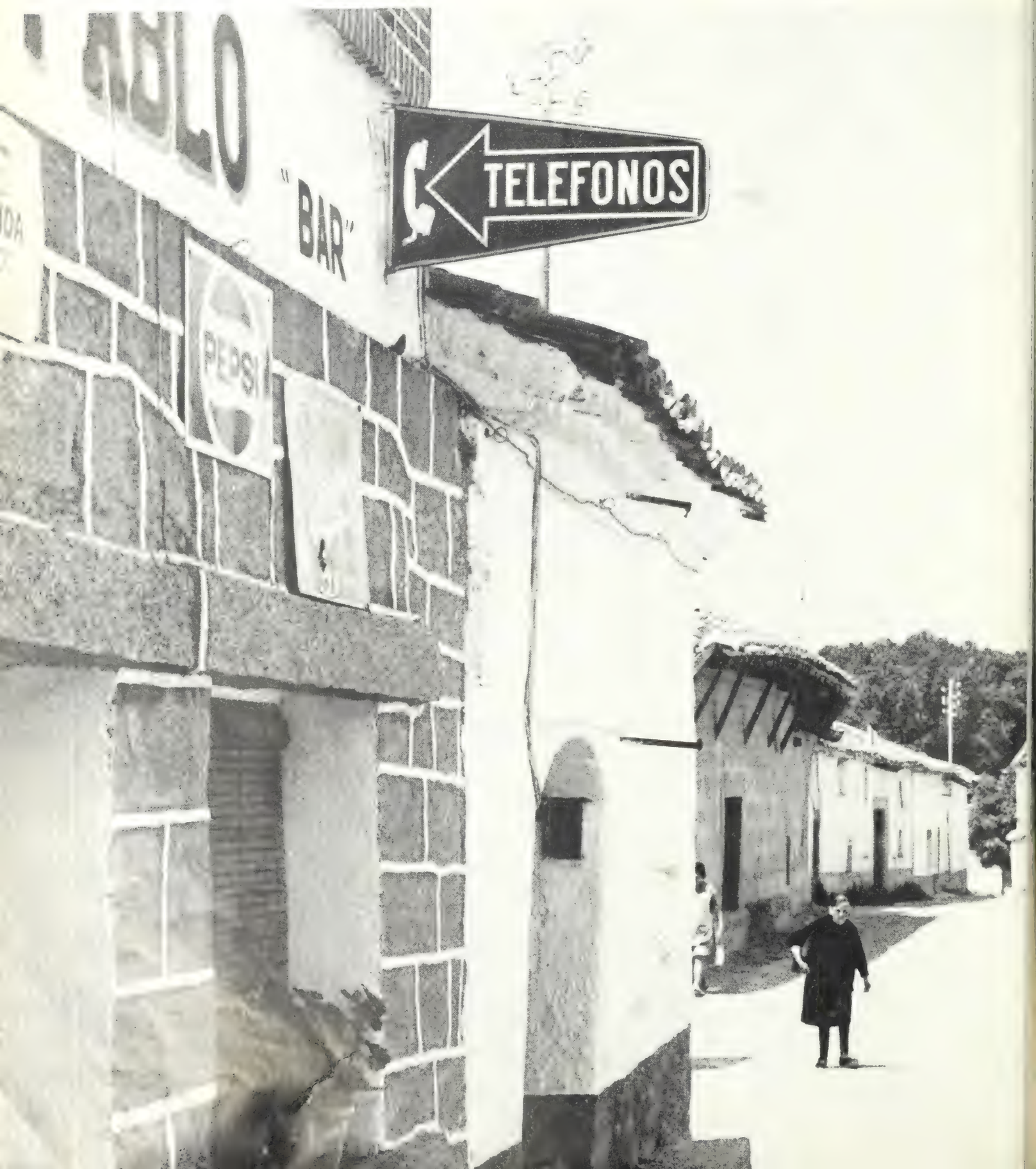


Happiness Foam-In Haircolor.

Home is wherever there's a telephone.

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Then just tell the operator you want to place an international call, and you'll be back in touch with your family, friends or business in no time—for less than you think.
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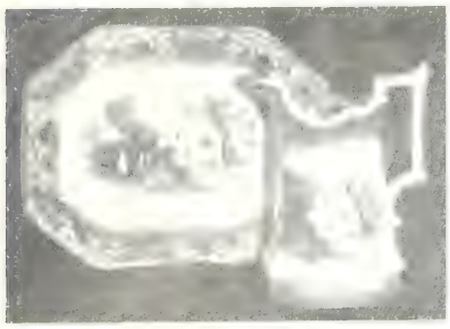
Sale dates may vary.

FREE: CLOCK STYLE HANDBOOK

Helps you select the clock that best complements your decor. Illustrates 45 clocks in color. Includes price ranges, dealer listing and information on brass ownership plate. Write Ridgeway Clocks, Div. of Gravely Furniture Co., Inc., Dept. HG-772, Ridgeway, Virginia 24148



English pottery





Do you know anything about where and when my "Abbey" dishes were made? T.C.—Three Rivers, Calif.

The Staffordshire potters William Adams and Sons, who have been active from 1769 to the present, probably made your blue-and-white-printed dishes about the 1830s or 1840s. At this time of popular romanticism, the decorative drawings are almost always of idealized subjects built up of consciously picturesque elements; in the case of your pattern, a medieval abbey.

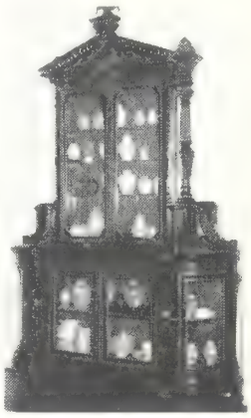
Tiffany Lily lamp



Is my lamp an original Tiffany? The marking that's under the base is Tiffany Studios, New York, 381. P.W.—Baltimore, Md.

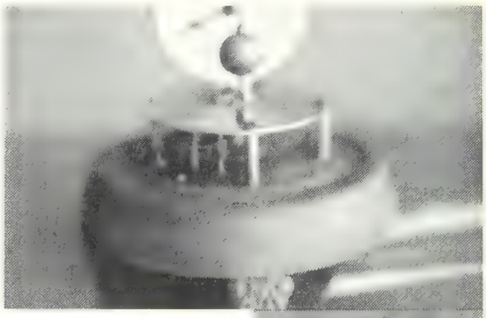
You have an original Tiffany Lily lamp, probably dating about 1900-1915. This style of lamp was made with 3, 5, 7, 10, 12, and 18 branches or lights; apparently yours has 10. The base is bronze and was cast in Tiffany's foundry. Tiffany lamps were never cheap; today, again, they are costly and in great demand.

American cupboard



Can you give me any information about this antique cupboard? M.C.H. — Hazlehurst, Ga.

Your lavishly enriched, ebonized, and gilt wood cupboard in two stages was made in America, possibly Philadelphia, in the 1800s. In the triangular pediment and other architectural details, the influence of the Renaissance is distinctly perceptible.



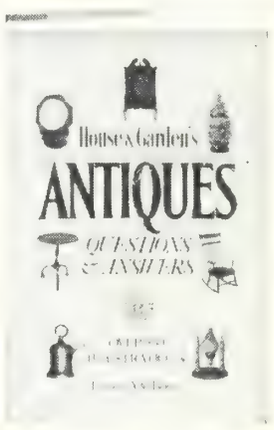
Rotary pendulum timepiece



Do you know anything about the background of my clock? Is it worth keeping? F.C.—Massillon, Ohio

Your Briggs rotary pendulum timepiece, dating about 1875, was patented in 1855 by John C. Briggs and was made in some volume by the E. N. Welch Mfg. Co. of Bristol, Conn. It is a very desirable clock and keeps time within reason.

Antiqueries



Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*, which contains more than 900 fascinating items chosen from past columns, all conveniently arranged by category for easy reference, can be purchased for $10.95 a copy, plus 45¢ to cover the cost of postage and handling. To order a copy, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address. ■

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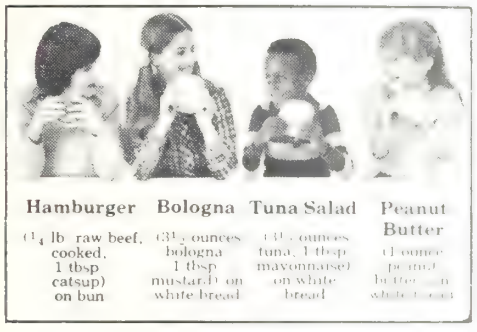
Consumer Reports thinks you should know:

How good is the bologna in that sandwich?

Of the 35 brands and varieties of bologna tested by *Consumer Reports* for quality, *nine* were rated Poor or Very Poor for taste. The samples, bought in food stores, were either rancid or showed beginning signs of rancidity.

The start of rancidity can often be detected by a perfume-like scent. So the sweet smell of your bologna may be trying to tell you something.

How does the bologna sandwich compare with the others?



The bologna sandwich earned our lowest vote of confidence.

Consumer Reports explored this in detail in its impartial article on bologna, "How Good is the Bologna in that Sandwich?"

Here's how bologna stacked up against the other three sandwich foods... (1) Highest in cost-per-ounce of protein (2) Highest in fats and calories. The bologna sandwich, in fact, was over *four* times as expensive as the cheapest sandwich—peanut butter—at the prices prevailing when we made our test. What's more, bologna contains a potentially harmful additive called sodium nitrite.

Consumer Reports gives you the facts behind the "baloney".

Today's supermarket is no place to be on your own.

Without help, it's hard to know about subtle product differences that can cheat your family of the nutrients they need. And maybe even cost you more in the bargain.

That's why *Consumer Reports* rates food and household products by testing standards just as rigorous as those we use for automobiles and expensive appliances. Equally rigorous standards are applied to our research into services, such as banking, insurance and much more.

Consumer Reports is the nonprofit, reader-supported magazine of Consumers Union—the nation's leading independent organization for testing and rating consumer products and services.



We don't accept advertising from anyone.

We buy what we test at the same stores you do. And we never accept "free samples" from manufacturers.

Five facts our readers learned that you could have used:

1. Pepperidge Farm Whole Wheat Bread was rated lower in nutritional quality than Wonder Enriched White Bread.

2. Pizza Hut's 10″ Supreme pie gave us the most nutritional buy out of eight fast-food meals we tested... Arthur Treacher's Fish 'n Chips the least.

3. Bounty may be a "quicker picker upper" than lower-priced paper towels. But you may be able to handle most of your clean-up jobs with the cheapest towel you can find.

4. Meanwhile, that much-squeezed-on-[illegible] (Once again, it's the customer who gets squeezed.)

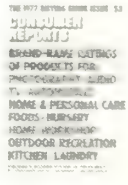
5. Two banks can advertise the same interest rate for your savings account. But one pays only $44.93 for the same period for which the other pays $75.30. It's how they *calculate* your interest that counts. (And some of the biggest banks in the country are the stingiest when it comes to paying you interest.)

A lot of companies may not like what we have to say.

But remember, those same companies spend millions of dollars a year on ads and TV commercials for their products and services... so they can give you the facts that serve *their* interests.

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The new exercise splash

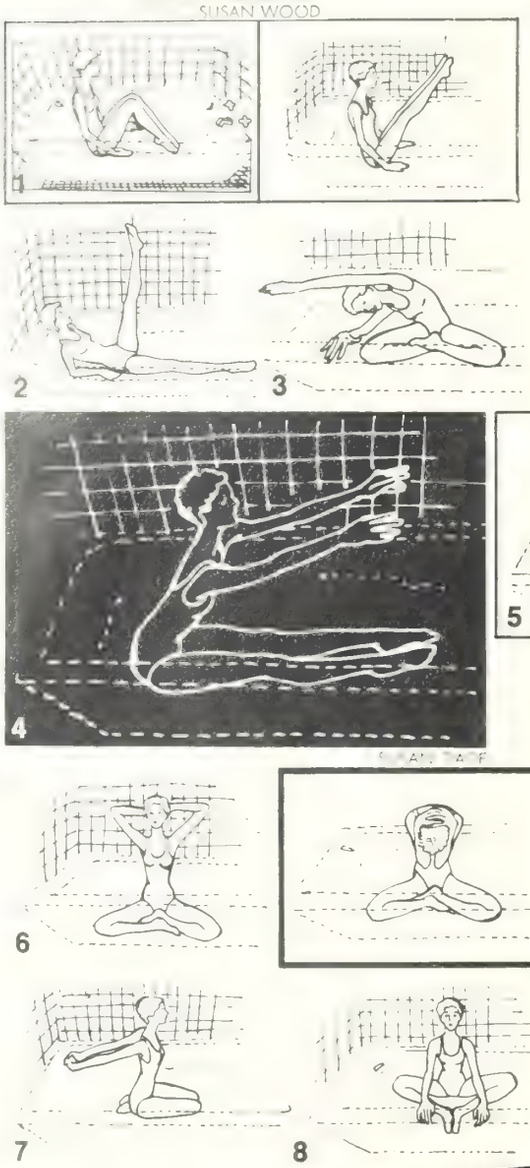
By Pamela Markham

8 ways to tone up in the bath

The waters of the bath are restorative. The tub provides a setting for the transition between day and night, office and home, solitude and socializing. Above all, bathing is a way of treating yourself kindly, an opportunity to loll for a few dreamy moments in warm, buoyant physical splendor. Without detracting from the essential enjoyment of this experience, Barbara Pearlman has developed a set of eight exercises incorporating gentle, slow-stretching movements, which she says will enhance the benefits of the bath. "While you're in the tub, you might as well do something for your body. These exercises, if done regularly, are helpful to the common problem areas—legs, buttocks, abdomen, upper arms, and neck." You can repeat them as many times as you want, depending on how much you want to stretch. If you have had no activity during the day, you might want to use more of your time in the tub for stretching.

"You don't need an oversize tub to perform them, a standard one will do. The magic ingredient is water. The more there is in the tub, the more rigorous the exercises become because of the resistance. It should be *warm*, not hot, which is drying for the skin and enervating to the body," Miss Pearlman warns. *(Continued on page 30)*

SUSAN WOOD



1. Sit with knees bent, toes and fingertips on the floor of the tub. Keeping your stomach muscles contracted, slowly extend both legs outward and upward until they are straight. Hold for two slow counts, then resume original position. Repeat 8 times. (Good for legs, abdomen.)

2. Lean back on your elbows. Extend one leg in front and the other upward. Circle the lifted leg in an outward direction. Repeat 12 times on each side. (Good for legs, abdomen.)

3. Face rim of tub. Sit with ankles crossed, hands resting on rim. Keeping the right hand on tub, arch the left arm overhead (palm facing upward) as you simultaneously bounce the torso to the right four times. Return center and repeat to the left. Be sure to keep buttocks stationary while stretching to the side. Repeat 20 times. (Good for arms, waist.)

4. Sit with straight back, legs extended in front, arms extended at chest level, palms facing inward. Stretch torso forward in a gentle to-and-fro motion. Repeat 16 times. (Good for back, buttocks, thighs.)

5. Sit with legs extended in front, arms raised overhead. Keeping the back as straight as possible, lift and lower legs alternating sides. Try to raise leg above water level keeping knees and back straight. Repeat 16 times. (Good for stomach, legs.)

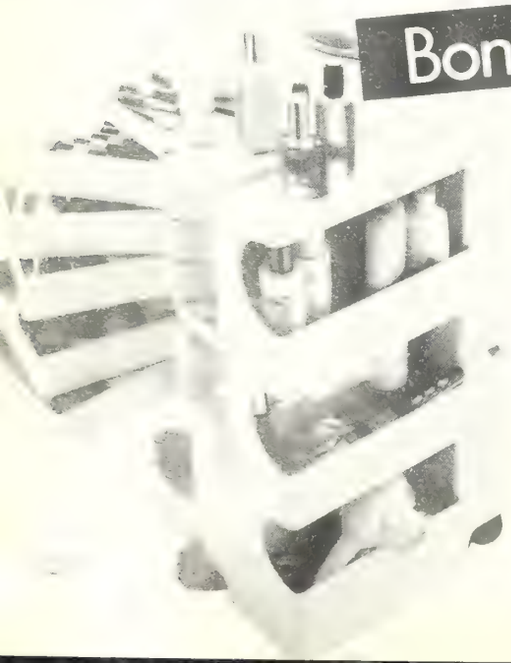
6. Sit facing rim with feet crossed at the ankles, hands clasped behind head. Slowly bring elbows together as head simultaneously drops forward. Hold for three counts, then open elbows to original position. Remember to exhale as you bring elbows inward, inhale as you lift. Repeat 15 times. (Good for neck, shoulders, arms, bosom.)

7. Sit on heels with hands clasped behind body. Take two slow counts to raise arms while keeping the torso stationary. Then slowly release. Repeat 10 times. (Good for arms, bosom, shoulders.)

8. Sit facing the tub rim, hands on rim, soles of your feet together. Force the knees downward, hold for five counts, and then release upward. Repeat 12 times. (Good for inner thighs.)

Note: All exercises should be done with a rubber tub mat.

Bonanza in the bath





ISHIMURO

Super makeup storage, left, is a plastic artist's cart with 6 swing-out trays, on casters. "Boby 3" imported by Inter/Graph. $200 in colors at Sam Flax. **Fitness helpers, clockwise:** "Surf and Rain" sleep machine, $92.70 ppd. at Hammacher Schlemmer; massager, $40 by Well-Be; complexion brush and nail care machine, both $16.49 by Clairol.



BURN EASILY?

Now you can stay in the sun without getting burned.

Face the sun without fear, thanks to new Super Shade® by Coppertone.

Super Shade gives you maximum protection from the sun because it contains 5% Paba. And 5% Paba is just what many dermatologists recommend to their sun-shy patients.

But don't think something this effective has to be unpleasant. Super Shade goes on super smooth. It's never sticky, never oily.

And with Super Shade you can keep out of the shade all day. Because if you reapply as directed it protects you all day.

You can even swim and still be protected.

Super Shade. If you're sensitive to the sun, it's a ray of hope.



Would Looking Younger Please You?

Don't you feel the need to be just a tiny bit selfish once in a while? You work hard at your job so that your boss will be satisfied and his professional life made easier. You've concentrated on becoming a good cook, knowing that both family and guests appreciate your almost-gourmet meals. You've even taken up chess, so you can be a challenging partner for a special man. Isn't it time to do something self-satisfying, with only yourself in mind?

What could be more self-pleasing than looking younger? It's a delight to look in the mirror and see a more radiant, younger-looking you. Simply discover the secret of a mysterious beauty fluid that can help you look younger, as it creates a moist climate for your skin. This beautiful secret, shared by fortunate women in many parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates your skin remarkably quickly to begin helping you look younger. An abundance of pure moisture, tropical oil and precious emollients work mysteriously with nature to ease dryness. It's dryness, of course, that accents little wrinkle lines that can easily make you look older than you like. Those lines can show less from the very first day with Oil of Olay. The difference is noticeable not just to you, but to other people as well.

Smooth the skin-loving liquid on your face and throat. Watch as your skin seems to drink in Oil of Olay. Within moments, your face takes on a renewed lustre and radiance, a look you may have thought you'd never again see. Isn't that a pleasure? Oil of Olay helps maintain your skin's natural moisture balance and lets your skin become softer, more glowing, younger looking.

When do you want to use Oil of Olay? Whenever your skin feels dry and you'd like to raise its moisture level is a good time for the beauty fluid. Exposure to weather, sudden changes in temperature, some cosmetics...all these things can dry your skin and cause you to look older as surely as added birthdays.

Most dedicated users wouldn't let a day pass without using Oil of Olay at least twice. At bedtime, to cherish and pamper your skin into the quiet night. In the morning, before doing your face for the day (Oil of Olay is so fast-penetrating and non-greasy, it's marvelous under makeup) or simply to let your skin live in a dewy climate. A number of women, who like a natural, glowy look, use the beauty fluid instead of makeup.

Would looking younger please you? Be honest. Of course it would. And it's nice to know that your younger look will probably bring pleasure to other people you care about too. So you're not really being selfish after all!

Beauty Secret

If you're bothered by dry lips, be sure to use Oil of Olay® before you slick on lipstick or lip gloss. Feel the difference?

(Advertisement)

New exercise splash
continued from page 28

If faithfully followed, she adds, these maneuvers will not only make you feel good (by her definition this means having more stamina, energy, greater command over the body) but help you look good, too.

"Put some herbs in the bath, or some kind of bath softener, have some soft music on and start today."

Beauty and health products new this month in the stores



DURELL GODFREY

There's no question about it—flowers are the fashion delight. They come on silk cords to wrap around the neck or on tiny combs to scatter through your hair, but this one's new to us: **Bath of Flowers** conditioning cream for hair. It's a creamy lotion made of real, fresh flowers that are frozen and vacuum-dried, a process which locks in the nutrients of the plant. Use it after shampooing, or use it as a shampoo if you are a shampoo-every-night fan. Apply lightly, though—it's rich. $10.75 ppd. for 5½ ounces. Available through the pioneers of the dry-haircut. *Lintermans* 21 East 62nd St., New York, N.Y. 10021.

If your summer sunshine turns out to be 90 percent incandescent light, grab one of *Estée Lauder's* new **Cheek Coloring Sticks.** They're chunky, sheer, coloring pencils that could make up for a missing suntan in a jiffy. Eight colors to choose from, too, including an "Undercover Color" that you could use as a very light substitute for foundation. Draw the color on in wide strokes, then gently blend until you get the shading you like. For a completely natural look, just shade the highpoints of your face: the hairline, the tops of cheekbones, tip of the nose, and dimple of the chin. That's just where the sun would naturally touch you. $5 each with a special sharpener, $1.

Here's the good word for all of us clean-face lovers—**New Basic Cleansing Bars** in two formulas: normal-to-dry and normal-to-oily. These are a brand new cleansing system—they are *not* soap, so are nonalkaline, and, therefore, gently

Continued on page 150

*TM ©1973 77 Clairol Inc.

Naturally, I'd rather be a blonde.

My own natural color was no way blonde. Shampoo-in tints made me almost blonde. Now at last, I'm a head-turning knock 'em dead blonde. With Naturally Blonde* by Clairol. First I use the gentle lightener. Then I choose the shade of toner that's exactly right for me. I figure if I'm going to be a blonde, I want to be the best.



Lightener

15 shades

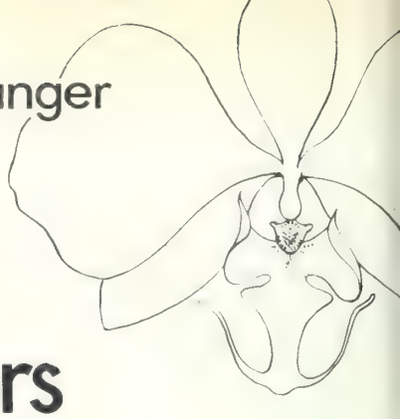
HORST



alaenopsis and cymbidium by the potful

By Richard Langer

Orchids
exotics indoors



Easily grown without a greenhouse if you give them plenty of light and keep the air humid around them

When I finally get around to getting a greenhouse, orchids ill no doubt dominate its sheltered ngle. Meanwhile, fortunately, many f these marvelous flowers will grow s ordinary house plants. Notice the erm marvelous "flowers," as opposed o marvelous plants. Orchids, some ight call them the ugly ducklings of he botanical world, grow a tangled nass of aerial roots and topside reenery. It takes from 5 to 7 years rom seed for the first flowers to burst orth. (Of course, if you purchase ma- ure specimens, your wait will not be o protracted.) Then all is forgiven. he blossoms, often lasting for nonths, are striking in color, form, nd sometimes fragrance. And or- hids bloom year after year.

There are some 30,000 species of he floriferous orchid plant, and nerely the names of all the additional ybrids fill a volume thick and heavy nough to press flowers among its ages well. At the top of the list is he familiar *Cattleya,* whose giant looms nestled in so many corsages f yesteryear. Hybrid *Cattleyas* ome *(Continued on page 146)*

PLANTS BY MAIL: There are countless orchid growers that specialize in mail order, and the price need no longer deter the first-time grower. Granted they cost more than begonias, but they are not the extravagant purchases they used to be. To get you started, check the ads in the American Orchid Society Bulletin. Better yet, join the society. For $15 a year you receive the Bulletin monthly, plus the handy Handbook of Orchid Culture. Your green thumb will never be the same. The address: Botanical Museum of Harvard University, Cambridge, Mass. 02138.

Six orchids to get you going

Brassavola nodosa is also called Lady-of-the-Night, because its white flowers are fragrant from early evening until midnight. It is easy to grow if watered liberally and fertilized every 2 to 3 weeks. However, in order to avoid soggy roots with all that watering, the plant must have excellent drainage.

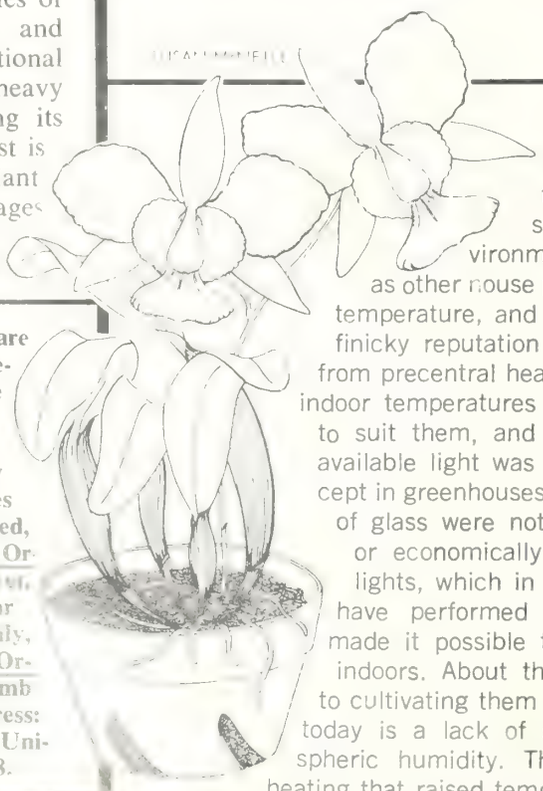
Hybrid Cattleya, with velvety flowers in plush rose through yellow to white, up to 3 or 5 inches in diameter, is one of the most striking specimens in its genus. Being a dwarf, the plant is ideal for windowsill cultivation. It flowers irregularly any time from fall to spring, and the very fragrant blossoms last 6 weeks.

Cymbidium miniatures are excellent beginners' orchids. They do need a high degree of humidity and plenty of light, particularly in summer. But even so, direct sun at noontime may be too much. If the leaves begin to bleach, move the plants out of midday light.

Epidendrum atropurpureum, the Spice Orchid, richly deserves its popular name. It can fill a whole room with its fragrance when chocolate-covered, crimson-centered blossoms open in summer. For best growth—partial sun, a temperature in the high 70s during the day.

Paphiopedilum fairieanum, is a good choice for cooler corners or a spot close to the air conditioner, as long as there is no direct draft. It has white-striped, purple to brown, pouch-shaped flowers and unlike the other orchids, whose pots should be allowed almost to dry out between waterings, paphs need a potting mixture kept constantly moist.

Phalaenopsis amabilis is the parent of most of the hybrid white Moth Orchids grown today, and the reason is because of its pure color. Easy to grow, it needs a little less light than most other orchids, but it also requires a minimum of 70 percent humidity. An exception arises in the period before spring blooming: At that time it needs a drop in nighttime temperatures to around 55 degrees. Simply keep the plant close to the window at night during the winter, but not close enough so that the leaves touch the glass itself.



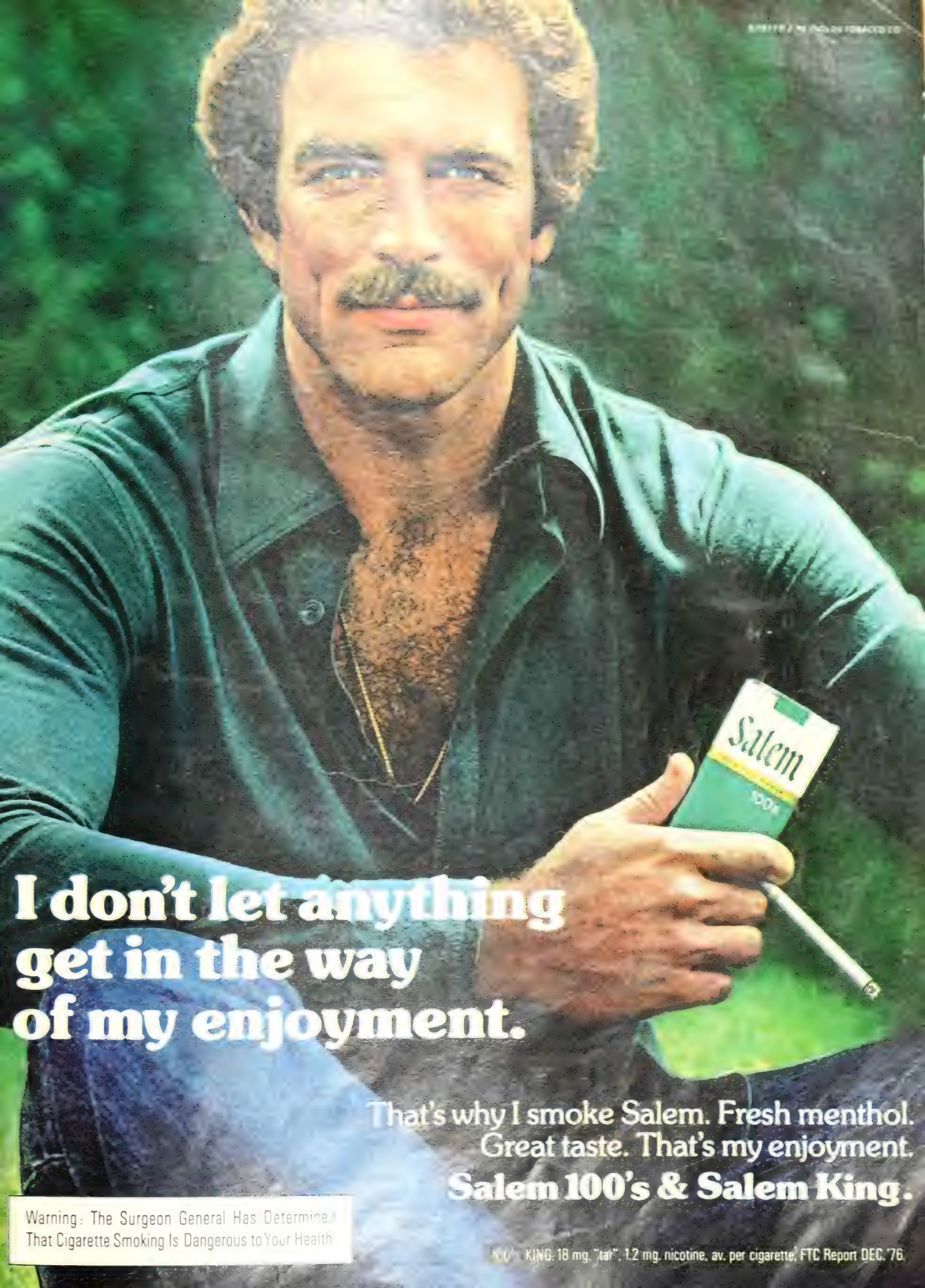
Light, water, action. . . .

Orchids are affected by the same indoor environmental conditions as other house plants are: light, temperature, and humidity. Their finicky reputation is a carry-over from precentral heating days, when indoor temperatures were too chilly to suit them, and the amount of available light was insufficient. Except in greenhouses, large expanses of glass were not technologically or economically feasible. Plant lights, which in the last decade have performed miracles, have made it possible to grow orchids indoors. About the only obstacle to cultivating them as house plants today is a lack of sufficient atmospheric humidity. The very central heating that raised temperatures to levels comfortable for orchids, has also made the air much drier in modern houses. However, adding a good quality humidifier to your orchid room is simple enough and will increase your plants' comfort. You can mist as well.

Give your orchids as much light as the plant can take without being injured by it, either natural or 14 to 16 hours from a balanced artificial source. You can determine the amount of light your particular specimens need by checking the leaf color. If the leaves begin to yellow or bleach out, the light is too strong. If they turn a dark jade green, they're not getting enough. Move them over a period of months until the proper balance is achieved.

Orchids should be raised in an atmosphere of 50 percent relative humidity. Air circulation should be good. If their room is *(Continued on page 146)*

Above: Cattleya walkeriana. Top right: phalaenopsis flower



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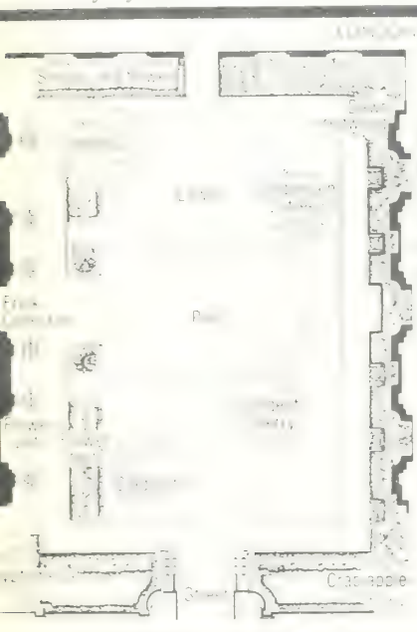
The landscape designer himself tells how he created the new garden for the Frick Collection in New York City

The shaping of a garden

By Russell Page



EDITOR'S NOTE: *The Frick Collection has grown a new garden and new wing this year, in response to growing numbers of visitors who come to see the paintings and sculpture assembled by industrialist Henry Clay Frick for the house where his family lived from 1913 to 1931. The garden, planted just this spring, was designed by Russell Page, who received the Order of the British Empire in 1951. You'll find a sampling of his gardens on page 93. Architect for the adjoining pavilion at 1 East 70th Street was Harry van Dyke, working with John Barrington Bayley and G. Frederick Poehler.*



Plan of New York garden, about 54 by 76 feet, designed by Mr. Page and planted by Rosedale Nurseries

Imagine a small plot of ground set behind high iron railings that enclose it from the street to the south. On the west side is the new Frick pavilion with a classical façade on the lines of a 17th-century orangery. Elaborate 18th-century-style stone walls 20 feet high complete the northern and eastern sides. Beyond are the rather sleazy backs of high buildings. The whole faces south, so there is light and air.

It was decided that the space had to be a garden and not a graveled courtyard. At first glance, a formal box-edged parterre, maybe surrounding a central fountain, seemed the obvious answer. Thinking it over I decided against this. As the principal façade of the pavilion was architecturally in larger scale than the more delicate stone walls, it would have been almost impossible to create any formal pattern in a scale to work with both.

I also thought that a flat, formal pattern would produce a sunbaked room furnished solely with a carpet, when what was needed was to distract attention from the high buildings to the north. So first I set a planter 60 feet long, 5 wide, and 4½ deep, on a steel framework behind the top of the north wall. Planted thickly with trees, this suggests a neighboring garden at a higher level. The buildings beyond cease to dominate.

The power of illusion

To give spaciousness, I decided to make it mainly lawn with low plantings concentrated in narrow beds at the foot of the north and east walls. Even this central lawn would not give me the sense of distance I thought was needed, so, set axially on the great central French windows of the new wing, I made a rectangular pool as large as I dared (it takes up a third of the lawn area). This pool with a narrow flat stone rim is dead level with the grass. Water between buildings helps to cheat on distance. I have worked with water in many gardens, always with some end in mind, but it was recently, while wandering around Haarlem in Holland, I noticed how a narrow canal between buildings suspends one's judgment of actual distance. At the Frick garden, a visitor looking from the street sees a narrow strip of water, which seems to make the back wall recede. Seen from inside the building, the rectangle becomes square—so already I have two quite different spatial compositions in this very small area.

But we are still dealing with the bottom of a box, which, if unrelieved, would remain in a blaze of light with hard angular shadows from the surrounding constructions. Only trees would help. They would give broken light and shade, and the pattern of their branches in winter and their summer volume of foliage would modify the impact of the high neighboring buildings. Besides, the whole garden is 2 feet 6 inches above street level so one could look through the branches.

So formal and symmetrical a setting would suggest straight lines, like pleached (clipped) lindens—historically correct but one would "read" them at a glance. I needed to hold the spectator's attention, to tempt the eye to explore and linger.

Good trees for town

Breaking the rules (since rules are good servants but not always good masters), I decided to use trees of different forms and habits, placing them asymmetrically so that their trunks would give illusory depths to a very shallow garden. Two conical *Cryptomeria japonica* (an excel-

Continued on page 36

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When I think about what life was like years ago, when people cherished their few possessions, I realize it's not so different now. Judd and I think about every piece before we buy it, to make sure we get the kind of quality and value we want. You can tell just by looking at it, this furniture is going to last a long time–I bet Jamie inherits this bed! Then it really will be an heirloom.

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These copies, often produced by the same techniques used for the originals, are made by artist-craftsmen working under the Museum's direct supervision. The care taken in production frequently limits the quantity, and the majority of reproductions can be bought only by mail or at the Museum. (Above: Hippopotamus, bright blue faience decorated with lotus flowers. Length 8", $19.75 plus $1.25 shipping.)

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On September 1, you will receive the 116-page Christmas Catalogue. The brilliant array of new presents includes an Egyptian jasmine flower necklace; a golden Buddha; a medieval silver bowl; stained glass; jade and bronze horses from ancient China; an 18th-century porcelain dinner service; new needlework kits from the *Unicorn Tapestries;* snowflakes, stars, and bells in gold and silver; and an unparalleled selection of Christmas cards. An additional 24-page full-color catalogue introduces the Museum's Costume Institute "originals"—line-for-line recreations of designs from the past which bring unusual flair to contemporary fashion. Among these is the first copy ever made of the fabulous Imperial Russian "100,000 gold ruble" shawl. This outstanding reproduction in fine wool challis, with its bold stripes and intricate floral patterns retains the more than 50 colors of the original. It measures 21" x 96"; the price is $35.00.

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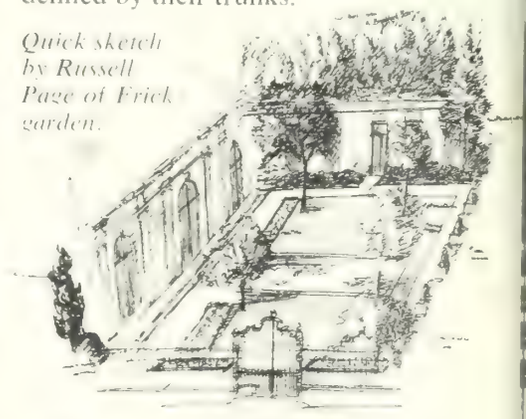
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continued from page 34

lent town tree) break the angles of buildings close to the street. In the northeast corner, a 30-foot *Metasequoia* repeats the conical (though this time deciduous) form and masks a disagreeable corner at high level. The other trees are all flowerers that bloom after the first spring flush. Near the fence is a *Malus hupehensis,* latest crabapple to flower. After it comes *Cladrastis lutea,* a lovely yellow-wood. For still later, there is a flowered *Koelreuteria,* and latest of all the Japanese *Sophora.* Yes, it's a lot of trees for a small space, but they are set so that from the street and from inside the building the eye may wander under a canopy of leaves and flowers through the airy spaces defined by their trunks.



Quick sketch by Russell Page of Frick garden.

And flowers . . .

Now I am called back to another duty, for there must be flowers in one of the city's rare gardens. At the edges of the lawn there are four symmetrically placed box-edged rectangular beds to be kept bright with tulips, followed by begonias, blue salvia, and marigolds through spring, summer, and fall. Flowerpots will hold petunias, lantana, and chrysanthemums.

Under and along the whole length of the eastern wall is a band of the white rose 'Iceberg,' which is one of the three best roses of the last 40 years (the others are 'Peace' and 'Superstar'). Under the north wall we put andromedas, azaleas in whites and cream and palest yellow, late-flowering hydrangeas—*Hydrangea quercifolia* and *Hydrangea paniculata* 'Grandiflora,'—and clumps of white, lemon yellow, and palest pink lilies, as well as the bulbous *Galtonia candicans* with its spires of giant snowdrops in August.

The dark green trellised niches will gradually be covered with equally dark green curtains of espaliered cotoneaster and pyracantha, flowering in spring with Japanese quince to be grown through them. And here and there the formal architecture of greenish limestone will be set off by a filigree of white wisteria.

If, as a garden designer, I were asked what I was aiming for in this small city garden, I would answer "tranquility." Because that is what I feel inside the Frick Collection, and that is the quality shared by the greatest gardens I have known. ■

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To make Viennese Pork Chops, rub extra-thick chops with pepper and thyme, cut a pocket in each chop, insert slice of peeled lemon and bay leaf, and dip the chops in melted butter and fine white dry breadcrumbs. Grill the chops gently for 40 minutes or until done. Note how the fat dripping from the chops is transformed into a delicious smoke that's warmed over the meat and direct to the outdoors. Remove the lemon and bay leaf from the pocket, and place a lemon slice on top. Season with salt and serve.

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Give your house an energy update

Learn how a systems engineer can help you | By Veronica McNiff

The systems engineer originated in the aerospace program, when mechanical engineers developed skills to best combine many aspects of a mammoth project, like the lunar module. His know-how in gauging ways of doing things, assessment of functional and financial trade-offs, as well as the logical ordering of it all, can work beautifully in domestic situations, too. In fact, this integrated approach especially helps you save money, conserve energy, and end up with a smooth-running, comfortable house that is also safe. You may have him:

- **Evaluate the overall general condition** of the structure, its machines, the efficiency with which it meets your needs, keeps you cool or warm.
- **Make recommendations** as to the best ways to remedy shortfalls.
- **Design ways to combine** house functions thereby saving money and energy.
- **Define and evaluate alternative ways** of doing things in terms of real efficiency —the best location for an addition, or the correct installation of new heating.

One of the first things to ask for is a plan of the house wiring and plumbing. A wiring schematic lets you know what's where and enables you to distribute power drains so as to avoid dangerous overloads and blown fuses. This is important when dealing with aluminum wiring. When drawing up the plan, the systems engineer can also pinpoint deficiencies. In plumbing, it's dead loops, pipes without real function or proper circulation which tend to freeze and burst during cold weather. In any emergency, a map of wiring and the heating, hot-cold domestic water, and wastepipes would allow your plumber or electrician to instantly see where to fix trouble spots—not to be sniffed at when servicemen charge by the hour. A schematic also means you can turn water or power off yourself—instead of waiting for help as the basement fills with water or smoke curls up from the baseboards.

If you must have wiring and plumbing rerouted, a system engineer can define the way to meet house needs—via a central utility core, perhaps. This is a major duct running through the house containing all wiring and plumbing, thus made easily accessible for repair or change.

A systems engineer is a tremendous help in assessing how insulation, heating, and cooling affect each other—and what you need to strike the right balance. One way to track down heat loss is to ask for a thermal map. This heat sensitive "photograph" records escaping warmth. Mr. Fred Saphra, a systems engineer who works for the American Standards Testing Bureau, Inc., says: "Perhaps the answer is just a matter of weatherstripping and doorsweeps, but it might mean replacement of ill-fitting windows with more efficient ones that could pay for themselves in terms of lower fuel bills." Another way to maximize energy use is to utilize warmth usually ducted right out of the house . . . for instance, by arranging to convert hot air used to ventilate an oil burner into the heating system.

A nice bonus is that the solution to one problem often turns out to be the answer to another, in a systems engineer's hands. Aluminum siding, which is an excellent insulation (it reflects summer heat, keeps in warmth in winter), reduces your exterior maintenance costs, too. And a white roof (of asphalt tiles coated with gravel) deflects the summer sun's rays so that air-conditioning costs are kept lower, and in winter, also keeps heat within. Since it doesn't go through extremes of temperatures, it lasts longer, too.

Inevitably these skills do not come cheap. Fees are generally in the $250-$300 per day category. A general house evaluation, plans, and concrete recommendations could take as little as 2 days —and the benefits over the long haul would be incalculable. If you're planning renovation of an old house or adding onto the one you have now, the s.e. can let you know what you're in for. There's no national association of systems engineers to act as a referral service, so if you decide to use one, either approach the American Standards Testing Bureau, which has offices in: New York, Albany, Buffalo, N.Y.; Boston, Mass.; Philadelphia, Pittsburgh, Pa.; Baltimore, Md.; Richmond, Va.; Montgomery, Ala.; Little Rock, Ark.; Cincinnati, Ohio; Detroit, Mich.; St. Louis, Mo.; Omaha, Nebr.; Dallas, Tex.; Phoenix, Ariz.; San Diego, Los Angeles, San Francisco, Calif.; Seattle, Wash. Or check listings of house inspectors in the Yellow Pages. If you do the latter, finding a systems engineer, as such, may be difficult, but at least you should employ a licensed professional engineer, which will ensure at least a minimum of competence. Try to engage a systems-*oriented* engineer, and ask for and check references. ■

8 quick tips to save energy and improve efficiency in your house

- *Test fit of windows, door with your hand. When you find drafts, weatherstrip or use doorsweeps.*
- *In a well-insulated house, minor heat leaks become noticeable. Check electrical outlets. Seal with Scotch tape if not in use.*
- *Adding on? Build around existing chimneys if you can; the flue is a source of radiant heat.*
- *A 40°-60° humidity level in winter means you can lower the thermostat by 5-10 degrees and feel perfectly comfortable due to a trade-off between skin-moisture evaporation rates and the dryness of winter atmosphere.*
- *Buy a new valve apparatus for toilets. These cost around $5-$10 and adjust the flushing mechanism to use only 3 gallons.*
- *Insulate cold water pipes to make sure summer condensation doesn't drip on wood floors or inside vulnerable plaster walls and ceilings.*
- *If you have hot-water heating, paint each set of pipes—heating, cold water, hot water—a different color and mark directions of water flow.*
- *Put in a metal unit with blower fan and heat exchanger to return fireplace heat to your rooms. Or change to a Franklin stove with a flue that throws heat back from the flue. Metal, wood, or glass shutters can close off the hearth when it's not in use.*

7 points for the Ideal House

- **Build it below earth level, with one wall of windows exposed. The earth's temperature hovers around 45°-50°; the house interior would be the same. Supplementary cooling and heating would be minimal.**
- **Permanently seal windows to prevent heat loss.**
- **Use a blower for ventilation; energy consumption equal to burning two light bulbs for the whole house.**
- **Roof it with grass. Or, if the house is powered by solar energy, have the panel side bla which absorbs heat an helps charge solar pane**
- **Install all wiring an plumbing in a central utility core.**
- **Build in either electrical panels or water pipes in the ceilings to provide radiant heat, rather than space heating.**
- **Have a heat pump, which works on the principal of a refrigerator, to warm or cool the house.**

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HOME IMPROVEMENT IDEAS

for the house fixer

BUILD YOUR OWN PATIO IN SAND

By Deanne Raffel

For years, you have dreamed of a spacious patio, but when you think of the cost, the result is a throbbing headache. This situation can be overcome by building a patio in sand rather than cement—a project that will take time, but one from which you will derive many hours of enjoyment upon its completion.

First a choice of materials must be made. Bricks are light and easy to work with; however, they demand many pieces and time for assembly. Patio cement blocks may also be small in size. Larger ones, up to 18 inches square, are available. Their one major drawback is weight—about 30-35 pounds each, but they certainly do cut down labor. With an extra pair of hands, this large block can quickly be installed. Patio blocks are cast in colored cement—red, yellow, green, and black. Some people choose multicolors, but a single color gives a more unifying look and relaxing atmosphere.

The actual patio material must be placed over a 3-inch **layer of compacted sand.** Call a masonry-supply yard and order the blocks or brick and the sand. Give the salesman the dimensions of your intended project, and he will figure the cubic feet or yards of sand needed. Be sure to tell him that the sand will be compacted to give a 3-inch layer.

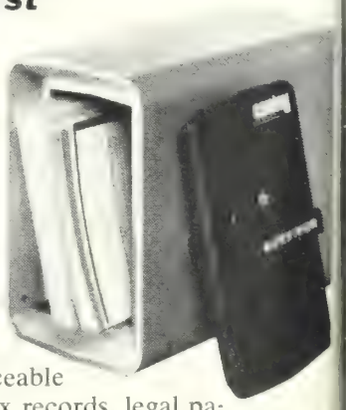
Measure the dimensions on the ground, and use stakes and string to delineate the border. Utilization of a square (the tool) is necessary at the corners to obtain 90° angles. With a flat-edged shovel, cut out the boundary lines. You must dig deep enough for the sand and patio flooring material—3 inches plus the thickness of the block or brick. Check the highs and lows with a length of 2-by-3 lumber. A spirit level may be of some help at this point; you want to slightly pitch the land away from the house to drain rain water. The perimeter line should be square with the dirt floor.

Shovel sand into the excavation. Rake the grit until it is smooth. Now for an indispensable step—the sand must be tamped or rolled down until it is well compacted. A ground roller will do an excellent job, or a tamping tool can be constructed by attaching a strong pole to a board. Tamp a small area (about 3 by 4 feet), and check the depth of the sand. More may be needed. Once a satisfactory compacting system is established, the work will progress rapidly.

Start setting blocks at one corner and work on each leg of that specific 90° angle. An "L" shape will be produced. Now add a fourth block to make a square. Again add a block on the boundary sides of the newly built square; fill in blocks to finish a larger square. Keep working in this fashion until the complete area is covered. Each piece should sit tightly against the adjacent one; a rubber mallet will coax it into place.

Once all blocks are in position, **some land fill may be necessary** along the sides. It is important to tamp earth in very tightly to keep the edges of the patio secured. (If you have chosen brick rather than block, assembly is basically the same.) Sprinkle a layer of sand over the masonry, and sweep it into the cracks between the units. Hose water over the patio. Again cover it with sand, sweep and water until the crevices are filled to the top with sand. This process needs to be repeated occasionally throughout the life of the patio.

Safety first



A home safe, fire tested in heat of 1700° F., affords the protection of a 2-foot-thick concrete wall. For important and irreplaceable documents, tax records, legal papers, and valuables, it is a handy size—13 1/16 inches high, 8 1/8 inches wide, 17 1/4 inches deep. A double locking bolt and key lock secure it. Attractively styled in beige and black, the "Survivor" sells for under $50, is tax deductible if used to store tax records. Sentry Safes, John D. Brush & Co., Rochester, N.Y. 14625.

Continued on page 46





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Simply measure the length of your existing countertop, and visit your nearby home center, lumber yard or building materials dealer. That's where you'll find a wide variety of FORMICA® laminate...available in vibrant colors, designer patterns, rich woodgrains and even three-dimensional embossed surfaces.

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When you decorate a room, you probably think a lot about what to do with the walls and floor, and think very little about the ceiling. Yet the right ceiling can do wonders.

So Celotex introduces new Tiara ceilings with dramatic patterns and textures that satisfy the eye and complete the room. Eight different, embossed ceilings, each with monolithic good looks, each simple and inexpensive to install. (Dominion pattern shown here.)

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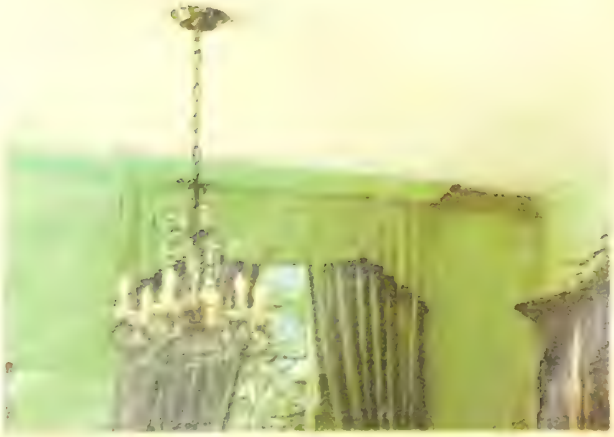
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SONNET

"I'm her decorator and I've never seen anything like it before."







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Derusto Minute Finish Spray has a special rust-inhibitive primer built into every attractive gloss color for one-step rust prevention. Contains no fluorocarbons. Makes rusted lawn furniture, bikes, and mowers look like new. And stay that way.

Derusto Galv-A-Grip™ primes and protects all galvanized metal in one coat. Won't check, crack or peel like ordinary paints, so it's ideal for use on gutters and downspouts. Dries in 3 to 4 hours.



Home paint-up's a snap with Derusto® by DAP

DAP Inc., General Offices: Dayton, Ohio 45401
Subsidiary of Plough, Inc.

continued from page 42

Hassle-free paint pad



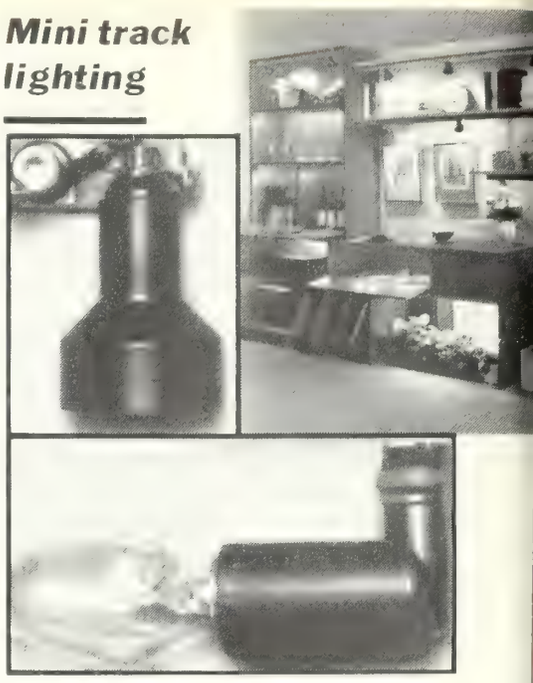
A combination tray and pad applicator expedites painting chores. This easily handled plastic unit holds a half-gallon of paint securely stored under a top lid. A center roller in the tray feeds out the paint as you apply the pad to its ridged surface. The flexible pad gives a wide swath of paint, can be turned on end for corners and touch-ups, is easily removed for cleaning, and is replaceable. The tray comes with an attachment for anchoring it to ladders and has slots for hanging paint scraper, putty knife, and other tools. $8.99 with the 7-inch pad; $9.35 with 9-inch pad, at paint stores. Red Devil, Inc., 2400 Vauxhall Road, Union, N.J. 07083.

Colorful turn-ons

A new kind of faucet for kitchen sinks is made in 10 bright colors, epoxy enameled, or in chrome plate. Countertop installed, the single control mixer of this plumbing fitting ("Vola"-KV1) regulates the flow of water from the spout. Pull or push it for more or less water. Turn it to mix hot and cold—the position of the mixer pin indicates water temperature, lets you adjust it before turning water on full force. Designed by architect Arne Jacobsen, wall-mounted models are also made, as is a full line of bathroom fittings and accessories. KV1, $133 list. Architectural Complements, P.O. Box 168, Lincoln, Mass. 01773.

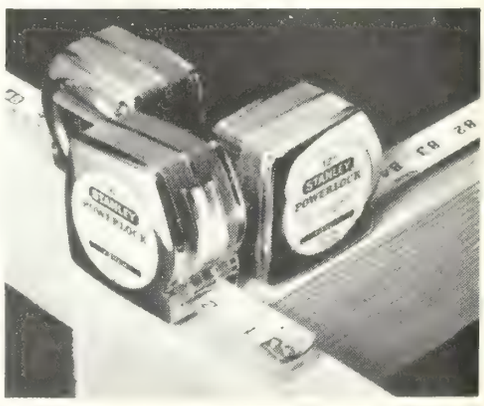


Mini track lighting



A miniature track lighting system to illuminate shelves, collections, cabinets, counters, Lytetrim plugs into a standard wall outlet. The small, electrified track unit accommodates mini Basic Lights (15-watt maximum), Spot Lights (25-watt) or 22½-inch long fluorescent tubes. Aluminum or brass finish tracks, in 15-, 28-, 31-, or 40-inch lengths, can plug together to 71-inch length. Lights may be spaced close together or far apart and put in tracks at any position. A 15-inch track with 3 Basic Lights is about $20; a 15-inch Spot Light in matte black, $25, in chrome or brass, $27. A 22½-inch track and fluorescent tube is about $37. Lightolier, Inc., 346 Claremont Ave., Jersey City, N.J. 07305.

Magic measuring rules



New, 1-inch-wide rules in 12- or 16-foot lengths have a "write-on" label for recording measurements; erase them with your fingertip afterwards. A braking mechanism controls the return speed of the blade, and a hook ensures a true zero starting point for measuring. A slot in the hook lets you insert a pivot nail for drawing circles and arcs. Rule numbers are red and black on yellow for easy reading and "Mylar" film protects them from wear, oil, dirt. 12-foot rule, $8.49; 16-foot rule, $10.49. Stanley Tools, Dept. PID, Box 1800, New Britain, Conn. 06050. ■

In a day when a 15¢ part can cost $35 to replace, it's time to look at a Gibson.



Maybe you've seen some of the new refrigerators, with their glossy looks and their flashy features. Nice, huh?

Unfortunately, a lot of that beauty is only skin deep. Because a beautiful refrigerator can turn ugly when it breaks down somewhere inside. And inside is where no one ever looks.

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"Silver Lining" insulation to keep the heat out and the cold in. Our patented Frost*Clear system that spares you the nuisance of defrosting. A gorgeous interior that won't chip, peel or stain.

Not to mention a Total Energy Saving System that should make your electric bills lighter.

Even cantilever shelves and an adjustable-temperature meat locker. And if you want it, the ice-maker you've been promising yourself for years.

So before you buy a refrigerator, look at a Gibson.

It's more than just another pretty face.

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1877-1977



Britain and Sweden

Left to right: Hidcote's Long Walk. Hornbeam hedges are lined by Monterey Pine and evergreen oaks; Kenneth; The White Garden at Sissinghurst, planted with green, white, and silver.

Midsummer feast: English gardens with Kenneth for your guide

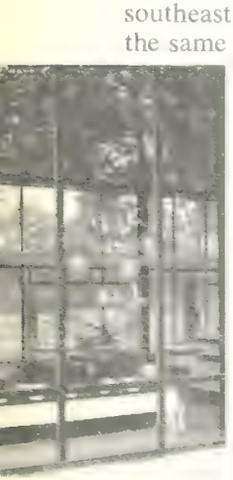
Kenneth, the New York beauty expert, president of Kenneth Beauty Salons and Products, who gardens free-time for the sheer joy of it, visits Hidcote and Sissinghurst, two of England's most famous 20th-century gardens, to soak up the perfection and bring home the specifics. Here is a background on the two gardens, plus Kenneth's notes.

Both Hidcote and Sissinghurst are easy day trips from London. Hidcote is to the northwest in Gloucestershire and Sissinghurst is to the southeast in Kent. They share the same country-garden tone and one garden having a thirty-year lead, it influenced the development of the other.

Hidcote was started by Major Lawrence Johnston, an American, in 1905, in the heart of the Cotswolds not far from Broadway. It's set in the middle of its own farm, with a typical Cotswold manor house to one side. To begin with there was only a wonderful cedar (now even more glorious) and two clumps of beeches. In Major Johnston's lifetime the garden developed on the 10 acres just next to the house. It is described as the cottage garden of them all; it's rather a series of garden rooms linked together. Each has a different focus: There are flower gardens, rose gardens, a garden centered on a pool, a wooded section, a lawny *allée*, a kitchen garden, gardens of primary colors, gardens that are mainly lots of different greens, gardens walled by patterned brick, others enclosed by hedge. Everywhere, and often in the same bed, a variety of things grow together, some close to the ground, others under the chins of taller plants; other things crawl over walls, climb into trees, spill over a walk, mingle with a hedge. Hidcote was already almost 30 years in the making when Victoria Sackville-West and her husband Harold Nicolson bought Sissinghurst Castle and began their garden. In the gardening articles she wrote for the *Observer* from 1947-1961, she refers from time to time to Hidcote and wrote a wonderful essay on it in 1949, which is now the introduction to the pamphlet that the National Trust puts out as the Hidcote catalogue.

What Vita Sackville-West developed at Sissinghurst in the thirties is a garden which, along with Hidcote, is one of the wonder gardens of the 20th century. When the Nicolsons bought Sissinghurst what they acquired was a ruined Tudor gatehouse and courtyard in which were four buildings, among them an Elizabethan tower. Adding little but sections of wall necessary to the garden they planned, the Nicolsons created a house-in-parts that worked like isolated playhouses within the garden as a whole. Vita Sackville-West spent her writing time in the Elizabethan tower, her husband spent time in the South Cottage and the Priest's Cottage, the children were in the Tudor part. They met for meals. Like Hidcote, Sissinghurst is a country garden with a formal layout and informal planting. In this case Nicolson was the classic planner and his wife the romantic planter of everything in profusion. To understand the intermarriage of the classical and the romantic, climb, as Kenneth did, the Elizabethan tower first to see the garden layout, its garden houses and luxuriant planting. His impressions of both gardens follow:

"Even if you're not interested in gardens at all, go and see these two. It's like going to the opera or ballet. It's pure visual pleasure, plus the peri- *(Continued on page*



Swedish treat: Beautiful glass in a rustic landscape





Above: Exhibition hall, Orrefors. Right: Countryside and traditional red and white houses near Kosta glassworks. Below: Factory and village, Orrefors.



There's a small section of southeastern Sweden that's a living museum of the craft of glassmaking. Thirty or more glass factories including the famous names—Orrefors, Kosta, Boda—are clustered so close together in the province of Smalands that you could visit a dozen in two fast-moving days. And more than a dozen welcome visitors. But you're not likely to find yourself moving that fast. There's too much to see at each, and the glass district is not like any factory district I've seen before. The air is crisp and pine-scented. The glassworks are in tiny attractive villages tucked into the forest—neat barn-red, white-trimmed, 18th-century houses with well-tended gardens. In May you see them and even the factories through a haze of blooming fruit trees. Around and between villages are lakes to swim in, streams to fish in, woods to walk and picnic in. Bracketing the glass districts are two lively, historic small cities, each with its own attractions. Kalmar, a resort and in- *(Continued on page 146)*

By Denise Otis



"When we rode the tiny ferry on Great Sound, the captain said 'Come on in kids, and steer the boat.' The people here are just so nice."

Paul and Betsey Horovitz talk about their fifth visit to Bermuda.

"It was so exciting at the aquarium, watching the children learn, sharing all their little discoveries."



"The children just wouldn't leave the beach. They discovered that Bermuda's soft, pink sand is excellent for sand castles."





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RIVIERA™ BLINDS BY LEVOLOR

continued from page 48

ence of smell, sound, birds. I forgot about the kings and queens of England with their big castles and gardens in the face of the human dimensions preserved in these two gardens. They expressed such livability and intelligence. At Sissinghurst I felt I'd come home.

☐ HIDCOTE

I go to Hidcote first, taking a 2-hour train ride from Paddington Station, London, and get out at Moretonin-Marsh, a little town in the Cotswolds. Not a taxi in sight but the stationmaster's cottage has a sign in the window saying taxi. His whole garden is filled with roses of every color. While he takes other passengers somewhere first, we wander down the 3- or 4-block street that makes up the town. Antiques shops good. Try a pastry at the pastry shop and a cold beer in the pub and then ride 15 minutes in the stationmaster's taxi to Hidcote. He tells us he'll pick us up later. I have always wanted to see the Tibetan blue poppy here but it isn't out. Disappointment fades fast. Hidcote's hedges are 70 years old. In one place a Scotch flame flower grows over it like a festoon. Somewhere else the hedge becomes a combination of yew, box, holly, beech, and hornbeam. It looks like fabric or tartan. In July, Hidcote seems like a green garden; there are so many different levels and colors of green: trees, bushes, grass, plants of all sizes, hedges and vines. It occurs to me that weekend gardeners in America will be interested in seeing all these layers and levels of green. Not only is it visually effective, but it provides a lower maintenance garden than a flower garden does and is perfect for absentee gardening.

Major Johnston was a serious botanist, but he also had a sense of pleasure. The layout is very precise and architectural, but the planting very original and almost wild. In this series of garden rooms any one garden provides ideas for visitors with only a patch of ground to work with at home.

Also notice that nine of the beds are bare and that even pansies are used as low-cover in the rose garden. Sometimes a single variety of flower is massed together, but mostly there's a jumble of heights and colors and varieties that leaves the garden with no obvious bare spots even as the seasons change.

☐ SISSINGHURST

Getting to Sissinghurst involves an hour's train ride from Victoria Station in London to Ashton where we found a farmer moonlighting as a taxi driver in a tiny car as carefully kept as a Rolls.

Thirteen years ago, I received two cuttings of *rosa filipes,* which were supposed to have come from this garden. More recently, I have been reading *Portrait of a Marriage* [Atheneum, $10], which gives an idea of how V. Sackville-West's and Harold Nicolson's shared love of Sissinghurst was a unifying tie in an unconventional marriage.

As soon as I arrive, there are surprises. Sissinghurst Castle doesn't really look like what I imagine a castle to be. It looks like a long fortress wall that you walk through to get to the garden. Vita Sackville-West operated first on a visual level and then on a horticultural one. A Cottage Garden, to me at least, has always meant oranges, reds, whites, lots of green herbs and vegetables—everything light and airy. Instead, this Cottage Garden looks like an Oriental rug, full of brilliant jewel colors. Overall she seemed to both break the rules and also use a certain restraint. For instance, the White Garden has not a speck of color in it except for lots of green. She was a fanatic about getting the best varieties and planting them in the best conditions for them. There's a green thistle in the corner of the White Garden which grows 10 feet high like something in *Alice in Wonderland.* Babies'-breath grows 8 or 9 feet high, almost like a tree. A profusion of lavender spills over a wall or the edge of the walk. Everywhere something is spilling out of a bed. Something is always growing over a wall. In the orchard a strong climbing rose was blooming madly all over an apple tree. (Lots of people have an old apple or cherry tree that needs a good, hardy climbing rose.)

In the Rose Garden I saw several that I grow at home: Nevada, Blanc Double de Coubert, white rugosa. In most cases the center beds and the side beds are mounded to give a better perspective

There's a tearoom to get a cool drink as you leave. Also a National Trust bookshop. Back in London I buy all the books I can related to both gardens and also go shopping for seeds at Sutton's in Dover Street and join the Royal Horticultural Society, Vincent Square, London SW1P 2PE for 15 dollars a year.

☐ BOOKS TO BUY IN LONDON

1. *Knole and the Sackvilles,* V. Sackville-West, Ernest Bemm Ltd., London and Tonbridge.

2. *Garden Book,* V. Sackville-West, Michael Joseph Ltd., London, articles written for the Observer.

3. *Sissinghurst, The Making of a Garden,* Anne-Scott-James, Michael Joseph, London.

4. *Gardens of England & Wales Open to the Public.* The National Gardens Scheme, 35p.

☐ HOW TO GET THERE

To do just what Kenneth did, try British Airway's 14- 21-day excursion fare ($631 until September 14, when it's lower), and make your own hotel reservations. If you'd like to take an escorted tour, book 15 days ahead for British Airways $538.—GIT fare which includes Keith Prowse International's 2-week tour of famous English gardens. Among them: Kew Gardens, Sissinghurst, Windsor, Blenheim, Stourhead. Reserve 45 days ahead for British Airways APEX fare, $440., which drops even lower in September. ■ NANCY RICHARDSON

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To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Sweden is Fantastic. The whole country broken down by region to give the idea of the range of vacations there: from the city life of Stockholm to outdoor fun in northernmost Lapland.

2. Colorful '77 Scandinavia has a choice of 22 itineraries ranging from one night above the Arctic Circle to a 22-day tour throughout Scandinavia.

3. American Express offers escorted and freelance vacations in **Scandinavia '77.** Many classes, many options, many destinations including a Caviar tour with stops in Moscow and Leningrad.

4. Lunch at a Swedish castle, visit Orrefors glassworks, and cruise the fjords—all part of a 23-day tour with Four Winds. **Scandinavia Escorted** describes 12 tours.

5. Invitation to Houseguest in Britain. See England from the inside—stay with a host family, near London or in the country. English breakfast included, rates reasonable, minimum stay 3 days.

6. Holidays Britain and Europe lists 1-5-week Fly-Drives, Auto-Rail, Show Tours. Combine one week in London with a second destination. Many more.

7. Aer Lingus's **Ireland and Britain Vacations 1977** offers variety: one-week trips, cottage or farmhouse vacations, 15-day tours combining England and Scotland.

8. Ireland, Personally Yours. Details on travel, houses and castles to visit, scenic tours, gardens, good buys. Accommodations range from hotels to farmhouses.

9. Cruising Expeditions Aboard M.S. Lindblad Explorer will take you to exciting destinations: Alaska, Indonesian Islands, Bora Bora, Easter Island, Antarctica. Cruises August-December.

10. Club Med's Summer 1977 Charter Programs gives details on OTC's from N.Y., Phila., and Chicago to Cancun in [illegible] resorts in Guadeloupe.

11. Winnipeg Western Canada is a picture booklet highlighting the attractions of Manitoba's capital city. Includes the Cultural Centre Complex, sports, hotels, festivals, and shopping.

12. Manitoba Canada Vacation Handbook is a book-size guide to the province. Points of interest, museums, major events, sports in season, where to stay are all covered.

13. The Bonaventure Hotel in Montreal. How to spend a weekend swimming in an indoor-outdoor pool by a Japanese garden in the heart of the city.

14. Hotel Meridien Montreal, in the Desjardins shopping complex. The Place des Arts center is across the street.

15. Yes, Canada! A big, color brochure from Air Canada that breaks the country down according to region and tells what to see and do there: powder skiing in the Rockies, swimming in Lake Louise, city scouting in Montreal and Quebec City.

16. Canada. A three-booklet kit that covers essentials: a road map of Eastern Canada; a vital-statistic brochure gives average temperatures month by month, typical rail fares, customs information, list of car-rental companies; plus vacation ideas for each province.

17. Maple Leaf Package Tours: Canada, Alaska, U.S. 1977, offers 5-24-day tours with travel aboard the Canadian National Railroads, one of Canada's two major rail lines.

18. Winnipeg's **Hotel Fort Garry** is convenient to downtown sights and houses The Factor's Table for fine dining.

19. Canadian Festivals 1977 describes summer happenings across the country. Shakespeare at Stratford, Mime Theatre at Niagara-On-The-Lake, Banff Festival of the Arts, 12 more.

20. SAS Viking Vacations offers 1-3-week Fly/Drive vacations to Norway, Sweden, Finland. Rail options available. Plus a list of must-sees for each trip.

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TONIGHT
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tailors the American bed.
Wamsutta

This time, we'd like you to think of your rooms the way you think of your face...

Sooner or later, every room needs a beauty treatment, and maybe even a face-lift. Decorating has its own cosmetics—paint, paper, fabric, accessories, plants. As you shadow your eyes, the decorator hangs a curtain—not just for color, but to improve a proportion, give depth, add drama. A decorator rearranges the furniture the way you'd restyle your hair, and uses color and pattern like makeup to cover lackluster surfaces, reshape bone structure, define and highlight your room's best features. (Of course decorating solves more than beauty problems: The curtain can help control light and noise, and a well-designed furniture plan makes the whole room work.)

And what if the trouble is more than skin deep? Just as the most beautiful face in the world won't help a poorly nourished body, a roomful of new paint and paper is wasted effort if the roof is about to leak all over it. Look for health symptoms in your house: Sagging woodwork or creaking hinges might betray underlying bone disorders. A smoking chimney might call for a nose job, an eczema-ed wall, plaster surgery. And if the fuses blow whenever the toaster and clothes dryer are turned on at the same time, it's a warning signal of overloaded circuits and an impending nervous breakdown. Get a doctor quick.

If all this sounds slightly frivolous, it's because health and beauty—for you and your house—are sources of pleasure as well as very serious matters. As House & Garden reported last October, we're all staying home in droves these days because it's such fun. Home is important for a lot of good reasons: It's where we cook and eat our most nourishing meals, and share them with people we love (and that's nourishment, too). It's where we wake up every morning to surroundings that set the psychological tone for the whole day, and spend nonworking hours amid colors that can color our outlook on life. A room you know is the best it can be makes you feel good all over. And here's an issueful to inspire every one of yours. So turn the page—you're off to a beautiful start.



Even the simple things—
a bouquet, a diet breakfast in the bathroom—
can be nourishment for the spirit,
food for the eye

RICO PUHLMANN

BEADLE

House & Garden devotes its pages to

GOOD LOOKS AND GOOD HEALTH

for you and your house



A bouquet of historic roses, 'Empress Eugénie', 'Chapeau de Napoléon' from Richard Harris's 18th-century garden. **Breakfast** from a diet of beautiful slimming meals (see Wine & Food)

PENI RACKA

Good looks and good health

WHAT A WAY TO WAKE UP

In a bedroom-living room that's a 24-hour dream



That's a bed there, voluptuously fenced with wicker, and that's actress Olivia Hussey relaxing in this beauty of a bedroom that doubles as a living room. "It's the furniture that gives the room its double identity," says designer Waldo Fernandez who designed the room (with Erin Magnin) and all the wicker furniture. The bed was inspired by one of his sleep-sofa designs. You make it with a bottom sheet and a puff—a down or polyester comforter encased in button-on sheets. The lounge chairs cushioned with striped cotton, and the limestone-topped table invite a cheerful, feet-up feeling. "It's a nice place for Sunday tea or an informal chat." To set off his designs, Mr. Fernandez kept backgrounds bare—no art on walls, no rugs on floor. Shopping information, page 145.

Russell MacMasters





Good looks and good health

HERE'S HOW TO KEEP FIT

In your own ingenious bedroom/bath/spa made with do-it-yourself curtain walls

Susan Wood

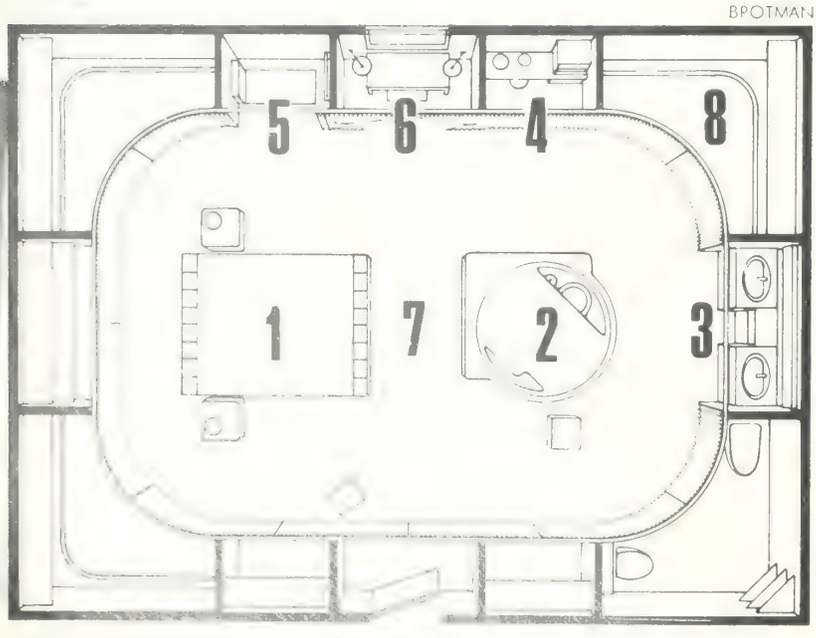


A room becomes something more than good looking when it helps produce a good-looking you. "How convenient to be able to spend 20 minutes on the jogging machine, dip into a warm tub, and slip into bed for a brief nap without ever having to leave the spot," says Arthur Smith, who designed this room-within-a-room. "It's the combination of bedroom, bathroom, and spa that makes the experience so luxurious." The extra that puts the room within your reach is the comparatively small cost of constructing it. Like most brilliant ideas, the one that makes this room work is simple: From a flexible oval track fixed to the ceiling, hang the 85-yards-or-so of "Missy" no-iron sheets designed by actress Suzanne Pleshette for J.P. Stevens. These curtains enclose the bed and the freestanding bathtub. A deep ruffle at the hem of each sheet brings the curtains within a brush of the floor. The real walls of the room have been turned into 12 vest-pocket closets totaling more than 76 linear feet of storage for everything from clothes to sheets and towels to exercise equipment. Another 75 yards of fabric cover the walls and closet interiors, upholster the bed, and make up the bedcoverings Mr. Smith designed. What isn't sheet-covered is clean glossy white.

HERE'S HOW TO KEEP FIT

How to do your whole beauty and health routine in one terrific room

BPOTMAN



Above: Plan of the bedroom/bath/spa. Three corner closets (8) hold clothes, fourth contains toilet and bidet. Three additional closets, opposite exercise nook (5), makeup center (6), and kitchen (4) can be easily incorporated into a study with desk, chair, and plenty of bookshelves.

WHAT GOES ON BEHIND THE NO-IRON CURTAIN

1 The bedroom/bath is a 15-by-22-foot-long oval within a 21-by-28-foot-long room. (Perhaps you could join two smaller bedrooms?) White stacking tables on each side of the bed hold books, a telephone, and reading lamps. A rolling glass table holds the TV. Her makeup table, framed by tied-back curtains, is lit by both a window and swing-out Hansen wall lamps.

2 Freestanding "La Vasca Tonda" 79-inch circular bathtub has all its waterworks neatly built into the floor. White fiberglass molded tub is imported from Italy by Hastings Tile; Zazzeri single-knob hot and cold water mixer adapts to American plumbing. Knob from Fearless Faucet. Bath water's been turned azure with "Charlie" FoamBath; it's also a liquid soap, by Revlon.

3 The mirrored, lockable medicine/beauty cabinet has all electrical outlets placed safely inside; adjustable trays and shelves attach to the inside cabinet doors. Two lavatories with shelves are separated by a single recessed chest with a deep drawer and laundry hamper. Vanities, beauty cabinet, and towel rings all by Allibert. Tucked in each cabinet corner is a Water Pik by Teledyne.

4 A tiny kitchen with a wall-mounted cabinet and drawer, Sanyo refrigerator, Waring blender, and Hamilton Beach burner makes the bedroom/bath/spa nearly self-sufficient, and a terrific idea for a one-room guest cottage.

5 The exercise closet has space for hanging squash rackets, gym clothes, even a bicycle. He's running on a Vita Master from Hammacher Schlemmer; jogging pants from Saks Fifth Avenue. Her dressing table is right next door where she has a window's natural daylight to help her judge makeup color. Upholstered bench from Karl Springer Ltd.

6 One solution for the inevitable clutter of makeup tools: an artist's rolling cart and mobile palette. Everything from cotton balls to combs, from cleansers to powder compacts has its own place in the "Boby 3" with its swing-out shelves and trays. Disassembles for easy, quick cleaning too. Imported by Inter/Graph at Sam Flax. Makeup products and accessories by Revlon. Her silk robe from Bendel's.

7 Between the tub and the bed is plenty of room to roll out an exercise mat for wake-up work-out. (To make your own, see *Living*, page 12). Slate-textured, white vinyl floor tiles you can put down yourself by Goodyear; portable "Sportable" TV by RCA; white plastic stacking tables from Ambienti; movable-arm table lamps by Hansen. The queen-size bed is channel-upholstered, with rolled head, foot, and upholstered bun feet, by Interior Crafts. Yellow sheets by Yves Saint Laurent for J.P. Stevens.

8 The square corners of the larger room make four ample closets, two are shown here. Each clothes closet has a shelf for box and basket storage; middle linen closet has shelves all the way to the ceiling. Flexible aluminum ceiling rod anchoring the curtains by Kirsch. Quilts from Kelter Malcé and The Pilgrim's Progress. Shopping information, page 14.

SUSAN WO


1


2


3




4


5


6


7


8

THIS IS THE PLACE TO ENJOY FOOD

In a charming kitchen-dining room where eating means good health



nourishing food is cooked in their own kitchens, and served up on the spot. And a kitchen like this makes cooking and entertaining easy and informal. The kitchen, in what was once a dairy barn, has no walls to isolate cooks from company in the breakfast and dining areas on either side of the work space. And in that space, rimmed by wood and stainless steel counters, an island with a second cooktop lets lots of people work at once. Overhead, pots hang from a rack outlining the light fixture. Small utensils are kept handy in crocks placed strategically at each work center. The skylit dining area, *left*, with its round gate-leg table, lacquer chairs, and abundant plants contrasts with the efficient, streamlined kitchen. The whole area is surrounded by large windows that bring in light and nature. "From every place you work there's something beautiful to look at," the owner says, and in good weather people can pour outside to a third dining area on deck. Building facts, page 150.

TOM YEE



Opposite page: Enlarged, skylit dining area with terra-cotta tile floor; wood kitchen counter becomes the serving buffet.
Above: outdoor dining deck with the old dairy silo.
Top inset: Breakfast room is handy to nearby countertop range.
Left: Storage in easy-to-reach, easy-to-clean, flush-door, floor-to-ceiling cupboards and under-counter cabinets by St. Charles, lit by built-in fixtures overhead. All appliances are built in.
Opposite page, bottom: Plan of remodeled kitchen-dining room.

HOW TO FIND MORE BEAUTY IN YOUR LIFE

A prescription for enriching the human experience

BY CAROLINE SEEBOHM

If beauty didn't exist, we'd have to invent it. Some of the most primitive people we know of found beauty and expressed it in paint on the walls of their caves. Poetry preceded prose in every known civilization. In modern times, even when concentration camps deprived people of every shred of human dignity, prisoners gave musical performances, recited poetry, and drew pictures on the ground. It's a marvelous thing to recognize this urge for beauty; it is one of the greatest human qualities that we possess.

Beauty is a suspicious word, however. You cannot define it. It means different things to different people; it is, as they say, in the eye of the beholder. It also enters the realm of art, another suspicious word. Art has nothing to do with Life, some people say. Art and beauty have nothing to do with next month's electricity bill.

This feeling was not always so. The ancient Greeks used to place a sculpture in the bedroom of a newly married couple so that its beauty might inspire the union. In Navaho culture, women weavers were regarded as artists, yet their work was entirely practical. They designed blankets to be worn and used, not admired from a distance. Before the Romantic Revolution in Europe, the artist was the spokesman for society. The notion of the artist suffering in a garret, living the Bohemian life, arousing the hostility of the average man, is a very modern idea.

Many contemporary artists are attempting to bridge the gap between Art and Life. Robert Rauschenberg, for instance, makes works of art out of objects that in themselves have no "artistic" worth, such as bathtubs, shawls, and glass jars. John Russell, art critic of *The New York Times*, acclaims these works where "the sublime and the humdrum are made to coexist in ways that (give) pleasure to people . . . It is an example of the ways in which everyday objects can be given a new identity through the exercise of the poetic imagination."

We are all surrounded by everyday objects that we probably hardly ever notice, let alone think of as beautiful. Yet, we too could give them a new identity through the exercise of our own poetic imagination. It's a question of perception. Psychology professor Ruth Jaffe teaches a course in perception at Barnard College in New York, and she defines perception in three stages: "The first is simply to receive the visual input. The second stage involves interpretation and analysis of the input. The third stage, which I think is the crux, places it in relation to other objects. And this is really what we mean by culture. Perception is the basis of experience."

We learn to develop our perception in various ways. (See the Exercise in Perception on page 118.) An infant looks at and plays with colored and moving objects; without such visual and tactile stimuli, he cannot experience the relationships of things in the real world. He also derives pleasure from the learning experience. As we grow older, we begin to perceive more subtle colors and to appreciate not only tactile and oral, but purely visual forms; our pleasures deepen.

Finding pleasure in a beautiful thing, whether it be a wineglass at home or a Monet in the museum, involves first of all a physical feeling, "visual eating" as Dr. Jaffe describes it. Armin Allen, chief porcelain expert at Sotheby Parke Bernet, notices how collectors feel a physical rapport with their objects, "a romantic attachment. This involves not only the physical form of the porcelain, but the story behind it—where it came from, how it was found, what feelings it evokes. Rapport with beautiful things is not only physical and visual, but also spiritual."

If you are brought up in an environment where beauty is appreciated, and where you are exposed to beautiful things—music, paintings, dance, furniture—your perception of beauty will deepen. "The untrained eye can only catch a general impression," explains Professor Dale Harris, who teaches art history at Cooper Union and European literature at Sarah Lawrence. "Anybody who becomes hooked on any art inevitably tries to find out more about it. That general feeling of joy you get from hearing great music for the first time, seeing a building that strikes you as impressive, or a painting that seems to you beautiful, can be replaced with something more profound. You can learn to sensitize yourself to an even deeper experience."

It is significant that when we talk about a person's being perceptive, we mean he or she is sensitive, sympathetic, understanding. "One of the possible characteristics of severely disturbed people is the dramatic reduction in their responsiveness to sensory and pleasure-

Continued on page 117

Opposite page: Summer drinks—long, cool, and gorgeous, photographed especially for House & Garden by Penn. The one on the left, a simple column of Perrier water over fresh fruits and ice. In the center, papaya, puréed, dashed with light Puerto Rican rum, sparkled with a little soda. And on the right, a cranberry-raspberry cooler: a spoonful or two of fresh or frozen raspberries, a jigger of Boggs cranberry liqueur, soda, and ice. Glasses by Ward Bennett at Tiffany's. For more summer drinks, see page 114.



The natural look

Fresh air and sunshine in a city apartment with a greenhouse for a heart





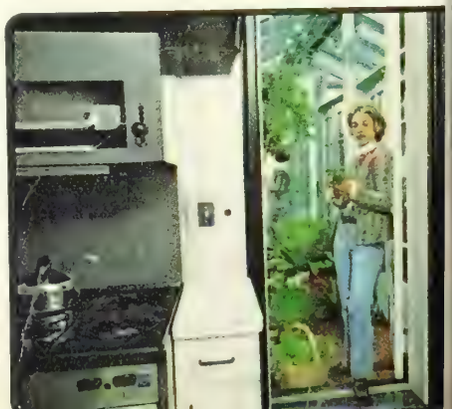


WILLIAM E. STEELE

"KEEP FURNITURE TO A MINIMUM. LET THE GREENERY BE THE SCENERY"

"If I had to choose between living in a cave or a tree, I'd take [illegible] and the rain along with it." Ms. Graubart loves the outdoors, so in an apartment with a central greenhouse that opens to kitchen and bedroom, she's created her own *indoor* outdoors by filling every room with plants. In furniture, she likes antiques as much as contemporary pieces, and has both—but not too many of either, preferring to keep the look fresh and spare. There are four huge windows, but no curtains, just shutters: "At night they're lighted from behind—the pattern they make is marvelous." Dimmable lighting circles the room; the chandelier is crystal, "but I think hanging up a few stars is part of the natural look."

Above: At the dining end of the living room, a stainless steel drum supports a slate tabletop; steel chairs by Breuer support the diners. Above these sleek youngsters, an 18th-century gilt mirror. In the sitting area, leather sofa, more Breuer chairs, and a huge steel table sitting on a rug patterned like an Irish fisherman's sweater.
Right: Ms. Graubert and the kitchen she planned.
Far right: The greenhouse, a small Eden with a view of the dome of a Romanesque church.






Jim D

The greenhouse was already in the apartment, built out onto the roof with walls and a curved roof of glass. "All I had to do was put in a new tile floor and mirror the inside wall to reflect the Romanesque dome across the street," says Ms. Graubart. At one end, the greenhouse opens onto the kitchen, which was redone to suit her cooking-loving standards with a restaurant range

"WHEN YOUR BED IS NEXT DOOR TO A GREENHOUSE, IT'S LIKE SLEEPING IN A GARDEN"



A gift of beauty







A young man who works with flowers talks about his craft in this personal tour of bouquets by Charles Masson Jr.

"Let the flowers speak



Balance, but not symmetry: A spray of dogwood and a wave of pink amaryllis meet in an ample French water jug. It's an explosion of color—orange roses, red anemones, purple iris, blue delphiniums, and light touches of yellow iris and lilies.

Charles Masson Jr., whose family's New York restaurant, La Grenouille, is known for its food and flowers, [illegible] on his father's tradition of [illegible] bouquets that make the restaurant so [illegible]. I use the same [illegible] he says [illegible] always [illegible]. You start with an idea, but then you see what the flowers tell you—you wander with color. After all, with blue, red, and yellow, you can paint a world." He prefers mixed arrangements—"but even if your choice is limited, it's amazing how one flower, or two, can change the face of a bouquet completely." He advises against forcing yourself to use flowers or vases you are not fond of. "It will show. Materials and moods are your inspiration—they combine to make the bouquet look natural. Don't think about fads and fashions in flowers. Nature is always modern."

Opposite page, center: 22-year-old Charles Masson Jr. **Top:** Pounding woody stems **Bottom:** Flowers assembled "like an artist's palette—you put out all your colors."

HORST



Follow your mood: The rustic vase suggests the ease of summer; yellow roses, and pink ranunculus, and red anemones to warm the purple.





Let pattern speak: White lilacs pick up the pattern of the vase; blue irises repeat its color. Add complementary colors, one beside the other, and conversation really starts.

A carload of flowers fresh from the market.



Shopping information, page 145

"Let the flowers speak"



Draw on your memories. A sculptured goblet evoked bouquets in Flemish paintings, on a small scale, I combined ocher and pink roses and ranunculus with full yellow tulips.



Let the vase's shape and color work to your advantage. This tall Chinese vase with a narrow [illegible] quince and almond branches, pink [illegible] and the last-minute spice of two yellow roses.

Charles Masson Jr. making a bouquet. To make your own, see page 40

ROOMS YOU'LL LOOK GREAT IN

Decorating to taste







A California house designed by a woman who dresses—and decorates—with flowers, imagination, and passionate color

nd life, indoors and out. "I spend a lot of time outdoors, sunning, swimming, just en-

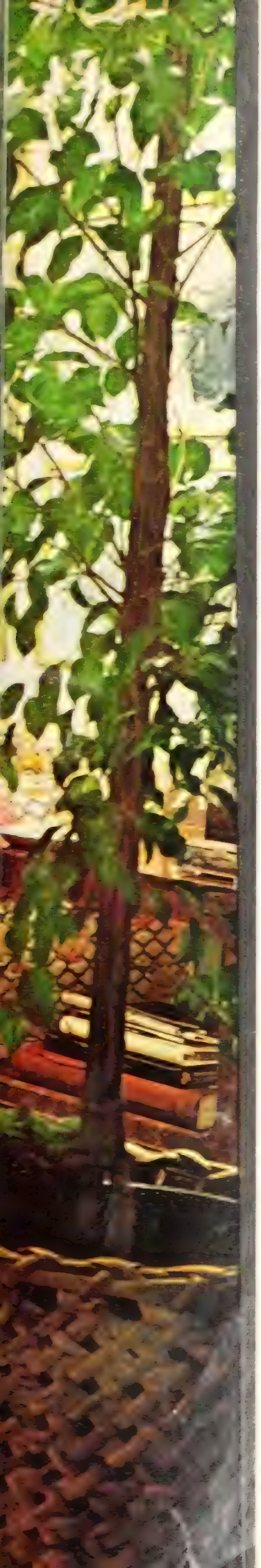
who moved to California three years ago with her husband Juan and their young son Alexis. "Now, more than ever before, I like to feel and look healthy, as if nature has rubbed off on me. And I like my house to look that way

Mitchell. Mrs. Alvarez chose vibrant floral fabrics and used them abundantly with a variety of real orchids, ferns, and large potted trees to turn each room into a garden. In the living room, *here*, a potful of cymbidium orchids blends with the nearby floral pattern of the sofa to create an overall effect of peaches and greens in one end of the room, while at the other end, the huge Ficus benjamina and Boston fern work with the malachite-glazed coffee table to make a strong color statement in the otherwise white area. "My husband and I both love flowers. He fixes them, but we take care of them together—and I'm the one who likes to wear them in my hair." To set off the flowers, backgrounds are stark white: All the floors in the house (except dining room and den) are covered with plush white carpeting—"I love to walk barefoot on it"—and walls in the living room and den are covered with textured white paper. The neutral walls provide the perfect background for the Alvarez's art collection. Outside, the house is painted white, too—a sun-reflecting gem amid green lawn and tree ferns on porch.



trees. One coffee table is lacquered black with a tortoiseshell band; the other is lacquered to look like malachite. Sliding glass doors lead to latticed porch. On the walls, a collection of French masters. On the floor, leopard velvet ottoman bridges two seating areas.







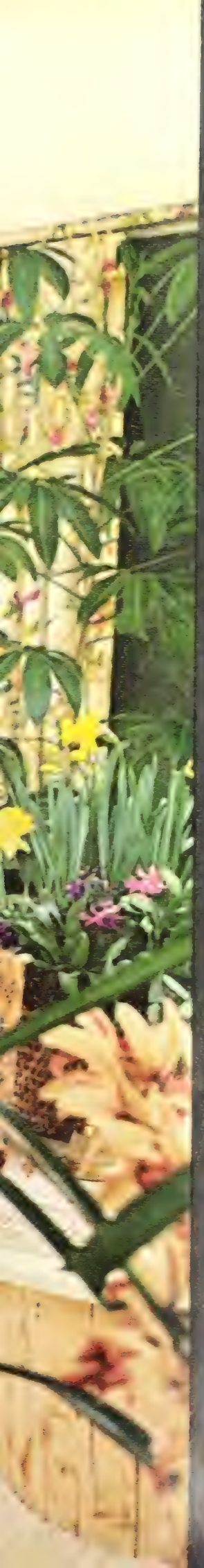


Decorating to taste

curtains. Its background of overlapping fish scales is repeated on the rug. "Then to continue the fishy motif we [illegible] shells." On cocktail table, shells [illegible] candlesticks. [illegible] tables, shells fill [illegible] bases. "I hand-[illegible] shell," says Mrs.

"WHEN YOU DECORATE WITH THE COLORS YOU WEAR, YOUR ROOMS LOOK GOOD ON YOU"









Left
Above

Two textures: plaque table skirt, pottery and cactus lamp

Decorating to taste

Almost everyone has a favorite room—a special place to curl up with a book, take a nap, even eat informal meals. For Mrs. Alvarez, that room is the master bedroom. *left*. "Every morning I wake up in a beautiful room filled with flowers. It makes me feel so good I gravitate back there all day." Mrs. Alvarez created the personal hideaway with one romantic flowered pattern for wallpaper and fabric, plus a pretty bed of embroidered sheets and armfuls of pillows. Not one to keep her joys to herself, she made the guest room, *above*, equally inviting with another flowery print, a forest of plants, and a bedful of delicate sheets and pillows. For soft, flattering light in both bedrooms, lampshade linings are

"IT'S NICE TO WAKE UP IN A ROOM THAT MAKES YOU FEEL GOOD"

Top







Catch the sun

When your living room basks under a translucent roof, it's like being outdoors all day

If you're convinced the sun is the giver of life, but want to know how to take more advantage of it, step into the main room of this Massachusetts house. Its roof is completely translucent, so the sun comes right in—and a family of five and an indoor forest thrive in the phenomenon called natural light. Leland Cott of Gelardin Bruner Cott architects accomplished the feat with the domestication of a material usually found only in industrial or commercial applications: sandwich panels of light-transmitting, insulating fiberglass. In addition, the room is spacious (900 sq. ft.), tall (2 floors high at one corner), and as open as a room can be. Beneath the innovative roof, two walls are completely made of double-glazed sliding glass doors (left open to the garden when the weather is right), and even the sides of the room sheltered by the 2-story "L" of conventionally-roofed spaces are open to other areas. The result: "The house works for the way we live."





Above: [illegible] house form L to enclose translucent [illegible] stucco coating on exterior walls helps insulate them.

Far left: Inside, the room isn't really like being inside at all, so washed with sunlight is the space. Translucent panels are supported on aluminum beams, which also carry track lights for night lighting. Air conditioning and the roof's built-in insulation keep the room cool in summer; winter heating is minimal, thanks to the sunlight. Flooring here is 1-foot-square tiles of black slate. Among the modular Italian-import seating, a wealth of plants.

Left: Plan of the house. Sky-roofed living room opens directly into dining area and kitchen. Upstairs bedroom [illegible] overlooks living room. For building facts, turn to page [illegible]

Catch the sun

Spectacular as the living room seems, Cott's design is by no means a one-room house. Although the stair to the second floor is the only other space with a translucent ceiling, the main room's feeling of bright openness is extended into subsidiary spaces by other means. Ceilings over all the rest of the lower floor, for example, are of parallel aluminum channels with a dramatic mirror finish. And spaces open broadly into each other (see plan, previous page)—the entrance hall into the stairway, the kitchen into the dining area, and all of them into the living room. The three exceptions, downstairs, are a guest bedroom, a laundry-workroom, and a small study (used by the children for television watching), all of which have been given conventional privacy. Upstairs, the bedroom corridor is also open to the living room, and the master bedroom shares the room's space (but not its sounds) by overlooking it through a large triangular sheet of fixed glass.

Next to the master bedroom is a quiet office and also a studio for the parents.

Left: Bedroom corridor is a balcony at the top of the skylit living room. **Inset:** The sparkle of sunlight is reflected in chrome and glass tables, also in mirror-finish aluminum ceilings of surrounding rooms. **Right:** In the living room, carpeted steps form a small amphitheatre of extra seating for parties. Counter serves as a bar; under-counter cabinets below house music system. Around the balcony parapet: neon sculpture by Christopher Sproat.

MARIS-SEMEL



"KITCHEN AND DINING AREAS FLOW INTO THE LIVING ROOM— IT'S A GREAT ARRANGE-

Do you wish you had more energy?
Do you sometimes feel you're not getting anywhere?
Would you like to be a champion more often?



How to perform better at almost everything

Dr. Laurence E. Morehouse, author of *Total Fitness*, explains the principles of maximum performance. By Caroline Seebohm

Most of us feel we could do better. We could do more things, learn more, help people more, enjoy life more, if only. . . . But if only what? Some people put it down to lack of energy, others to lack of time, still others to lack of goal-orientation. Now Dr. Laurence E. Morehouse, founding director of the Human Performance Laboratory at UCLA, and coauthor (with Leonard Gross) of the best-selling *Total Fitness: In Thirty Minutes a Week*, has come up with a blueprint for improved performance that applies to everyone. In his new book, *Maximum Performance* (also written with Leonard Gross), just published by Simon and Schuster, Dr. Morehouse declares, "there is in every one of us a better performer than we are." And by following certain principles, he believes we can all get there.

How Dr. Morehouse got there is a lesson in itself. "I tried to be an athlete in high school and college," he told us in an exclusive interview, "but although I won various things, I realized that I would never be a champion. So I got interested in the science of champions—the science of performing; and what I've done is analyze the principles that make for champions and apply them to everything we do."

According to Dr. Morehouse, our lives are dominated by certain misconceptions about performance which inhibit maximum achievement. He suggests we watch out for the most common ones.

Beware trying too hard. "People feel they must exhaust themselves to do their best," says Dr. Morehouse. "We use words like 'strive.' Whereas champions don't behave like this. They don't exhaust themselves. The expression, 'give 150 percent to the effort,' is false because it induces tension so that you're actually working with your brakes on. In order to move fast, you must *relax* more, not work harder."

Beware thinking too much about what you're doing. "We give over-attention to a lot of things in our daily lives. We are too conscious of the protein, carbohydrate, and fat count in our food; all these things already exist in the right proportions in a properly balanced diet. We try to program bowel movements, when they are much better left to natural processes." Dr. Morehouse tells the story of how he taught swimmers to swim to the center of the pool, turn round, and swim back. He practiced the right body movements with his students on dry land first, but when they tried it out in the water, the failure rate was astonishing. Finally, Dr. Morehouse tried a new plan. He simply told the next group of students to swim to the center of the pool and then swim back. And they did. In other words, your body often knows more than you think it knows. If you think too hard, your body tenses up and performs less well.

Beware feeling calm before a challenge. "Many people feel that anxiety is a negative feeling. That's a misconception. If you feel terrible, you're probably going to perform well. Champions recognize this, and so do stage actors. There's a physiological basis for this fact, and that is adrenalin, the hormone that produces an immediate increase in metabolism and strengthening of muscular contractions. Without it, your performance may go flat; with it, you have the opportunity to excel."

Beware doing the difficult things first. "If you have a lot to do, and try to get most of it done while you're fresh, figuring you can ease off when you're tired, it does not work. Using this burst of energy is insufficient. It exhausts you, so you are too tired to finish the task. The right way to approach a large task is to divide it up into sections, so that each part of the activity is assigned a certain amount of time. That way you pace yourself, and come to the end without fatigue.

"If, however, you are learning something new, you should do the simple things first. This is very important. For instance, suppose you're going to learn the serve in tennis, which for a lot of people is very, very difficult. It's made up of various components, and one of them is tossing the ball up to the proper height and position. If you are shown how to toss the ball and find you can do it quite easily, then drop that and go on to the next move. If you simply keep on prac-

3 ways to perform better

From his studies with champion athletes, Dr. Morehouse has come up with useful tips to train body and mind to do their best.

1. Keep moving *"Movement keeps you sharp. If you stay at one repetitious task for a long time, it gets boring, you begin to slow down, and it takes you twice as long. Brain circulation depends on pressure of the blood flow. Your working environment should be structured not for comfort but for activity. Your daily program should involve different things."*

2. Take a real midday break *"Continuity of work hurts performance. You need time in the middle of the day for personal recuperation from the morning as well as preparation for the afternoon. Try to remove yourself from the place you spent the morning, and from the people you were with as well. You need a real break to make transitions from old to new activities."*

ing the toss, you will become fatigued.
art doing it awkwardly, and then de-
elop bad habits."

**eware comparing yourself with oth-
rs.** "American culture is highly com-
etitive and we're conditioned from earli-
st days in school to get the grades, to
in the races, to look better than the next
erson, and so forth. This competitive
ulture is what has made America great,
n some respects. But it is also inhibiting
or many people. They look at others
ho appear to be more successful than
hemselves, and become discouraged and
epressed. Comparisons are meaningless.
lmost everyone can find someone more
wkward than he or she is, and someone
ore talented. Each person should view
is own performance in terms of his
ants, needs, limitations, and gifts.

"If you feel you are not functioning
ell, then you must ask questions. People
aste time doing things that they say are
tisfying, making beds for example. I
ould take 15 minutes to make a perfect
ed. I could get a kick out of getting all
he corners just right, no wrinkles any-
here. But I could get all 4 beds in our
ouse made in 7½ minutes. They would
ill be pretty good beds, and I would
an have time to do other things. We
nd to rationalize our time. But com-
aring the way you spend your time with
ther people will not help you. The only
omparison that is rewarding is this one:
*When you do something better today
an you were doing it yesterday.* That
s the greatest reward of all." ■

**3. Practice dynamic
elaxation** *"The idea behind
lynamic relaxation is to become
ware of your present tension
evel, deliberately increase that
evel, then diminish it until you
eel loose and wobbly, finally
ringing the tension level back to
degree that allows you to
erform at your best. Here's a way
o do it while walking:*

*"While you are walking, first of
ll make yourself tense. Tighten
p your arms, legs, neck, so that
ou are walking very stiffly. Then,
s you take these stiff steps,
radually let this tension drain
way until you're so relaxed that
ou start to wobble. At this point,
ring your tension back up to the
alking level at which you can
unction best. If you were tense,
his will be several notches lower
han the level at which you began."*

*This exercise can be done
during any movement, such as
unning, swinging a golf club,
ogging, cleaning house. When
ou finish your exercise, your
ody is freewheeling and you are
n control of your tension.*

Running—the new high

It's easy—no sweat. It's free—no strings. And it can change your life, say doctors and experts.

By Caroline Seebohm

Q. What's the difference between running and jogging?
A. Runners go faster than joggers, take longer steps, and hence extend the knee more. There are more joggers than runners.

"I sleep much better."
"My energy's way up."
"My temper's improved."
"I'm much more relaxed."
"I've never felt better in my life."

"Who are these lucky people and why are they in such wonderful shape? They're *runners*. They don't walk or skip, they run, several miles a day, and it's changed their lives.

Running used to be something you did to catch a bus, or watched in breathless admiration on Olympic tracks. Now it is becoming an activity as addictive as all those nasty habits we want to give up—only this habit is healthful, exciting, and psychologically therapeutic: and it's sweeping the country.

"Runners will tell you that the effect starts after they've been running a few minutes, and it persists for many hours after they have run," explains New York endocrinologist Edward Colt, physician for the New York Marathon, participant in metabolic studies projects on runners, and a runner himself. "They feel much calmer, they sleep better, and they're able to handle day-to-day problems more easily."

You only have to look at dogs, Dr. Colt points out, to see the effects of running. After your dog has had a good run, he becomes calm and well-behaved for the rest of the day. "Clearly there is some [illegible] know yet precisely what it is. It is the subject of a lot of investigation by psychiatrists and physiologists."

We all know that we feel better when we exercise, and that if we don't exercise we pay the penalty, but runners seem to experience more than just a normal physical sensation of satisfaction. Dr. Colt says he has met a large number of runners who have given up alcohol, coffee, and cigarettes since they started running. Your state of mind really seems to change. Runners quite literally become addicted to running, and feel distressed if they cannot run every day. Indeed, Dr. Richard O. Schuster, podiatrist and running specialist, suggests that running might be used as a treatment for addicts such as alcoholics or drug users. "Running has the same effect as drugs," he says. "You get a high, and don't want to stop. Maybe it would be possible to get people to transfer their fix from drugs to running."

Nobody yet quite knows wh[illegible] causes this state of euphoria, [illegible] pressed, Dr. Colt speculated that it might affect the distribution of fluid in the body. "It seems that large alterations in fluid distribution in and around body cells affect your mood. Running may regulate these movements of fluid."

[illegible]

A running start



1 Wear arch-supported, sole-cushioned running shoes (see Dr. Schuster's advice, page 117)

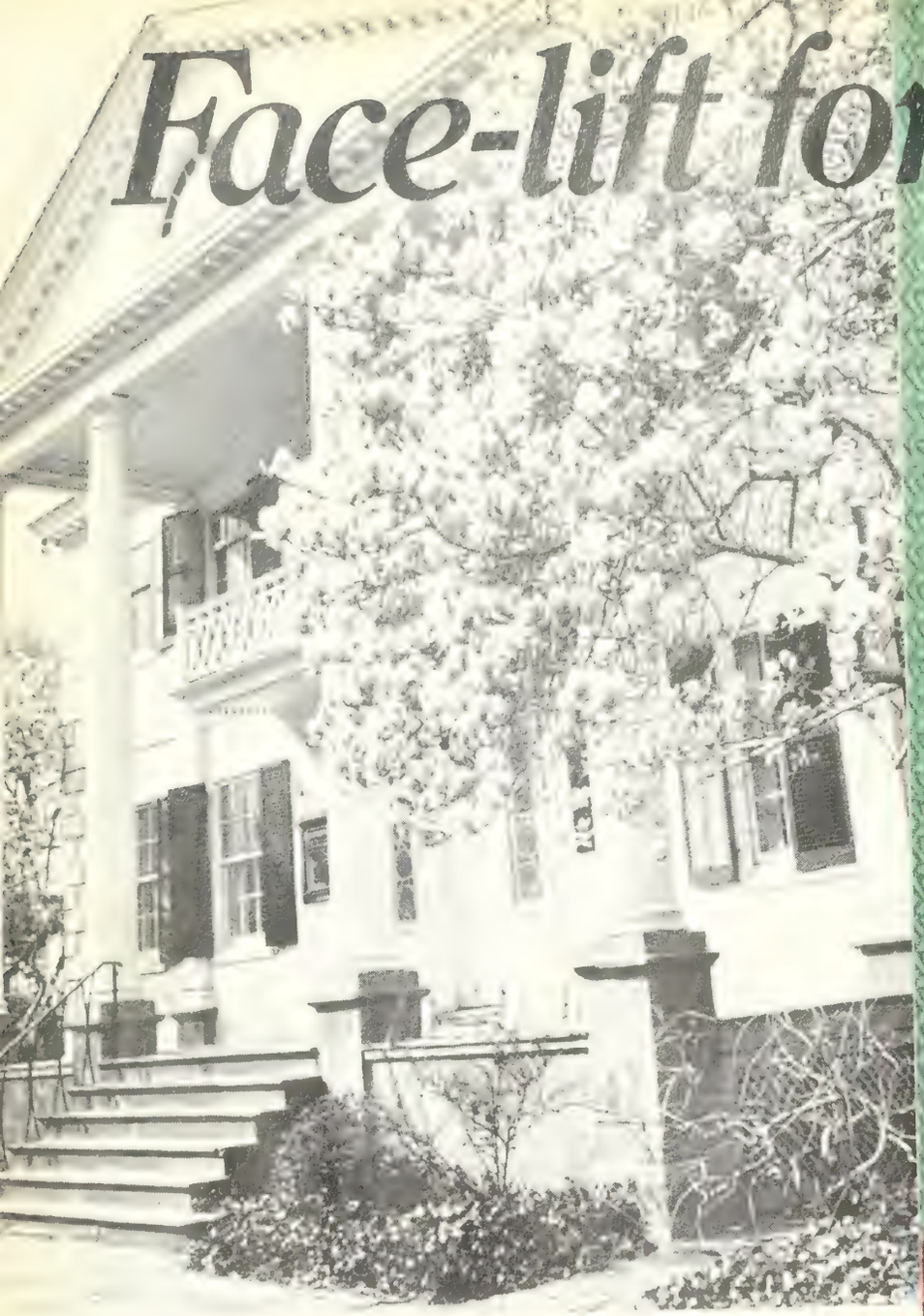
2 Run just a few minutes at first and build up slowly. Run on a soft surface, if you can.

3 Run at a speed that lets you carry on a conversation.

4 If you have had heart or chest trouble, consult your doctor, and be particularly careful. If you feel that you are out of breath, you are stressing yourself excessively.

5 Don't eat a big meal before you run.

Face-lift for a noble

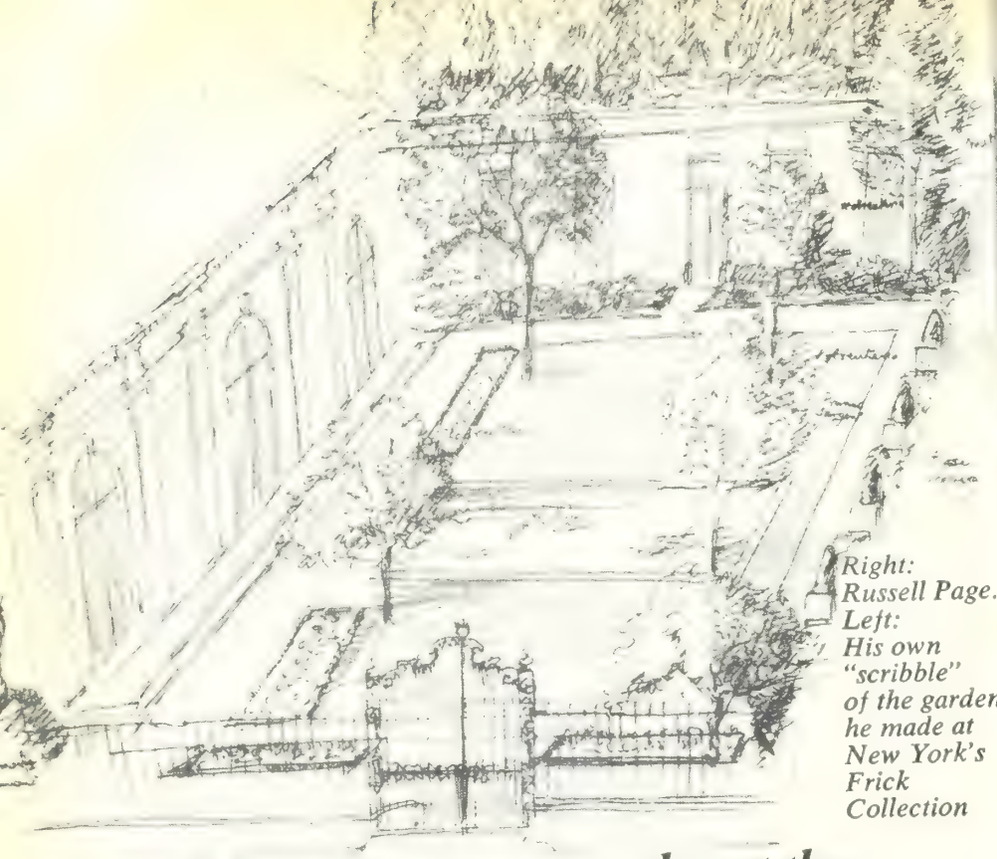


The house where Aaron Burr was wed, rejuvenated with new versions of original wallpapers—and you can buy them

Luck has always been a lady to the Morris-Jumel Mansion: Roger Morris built the mid-Georgian manor in the 1760s in wilderness now known as 160th Street, New York City; Eliza Jumel (who divorced Aaron Burr after a scant four months) rescued the house from decay in 1810; and recently, the women of the Washington Headquarters Association—so named because the house served as the Revolution's first command post—restored and opened it as a museum. The association reconstructed the house by tracking down auctioneers' pamphlets and pasting together scraps of wallpaper to establish the original look. The sleuthing paid off handsomely: Many priceless French and American Empire pieces have been returned to the house as gifts, and Mme. Jumel's wallpaper has been documented and reproduced by Reed Ltd. The morning-glory pattern here, as well as papers from other historic houses, are available. Shopping information, page 145.

Above: Morris-Jumel Museum overlooking the Harlem River. **Right:** Mme. Jumel's Parisian wallpaper available from Reed Ltd. **Far right:** In the front parlor, gem-cut crystal chandelier was a gift from Napoleon's family. American Empire furniture is exceptionally rare: It was made for Mme. Jumel in New York, not Paris, around 1815.


beauty



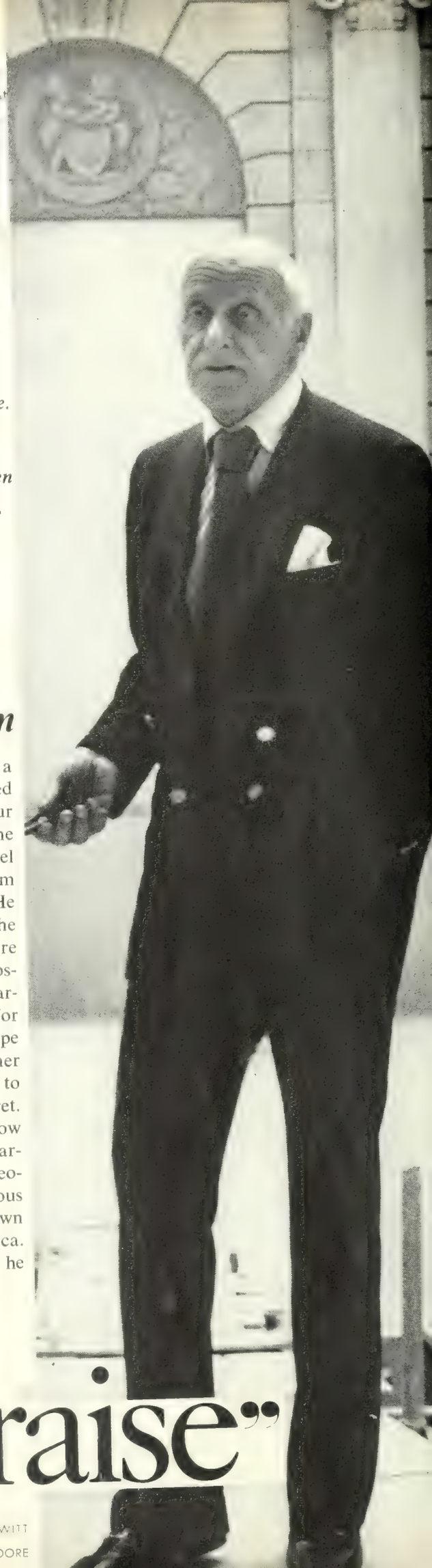
Right: Russell Page. Left: His own "scribble" of the garden he made at New York's Frick Collection

"A garden is a song of praise"

Russell Page, whose new garden at the Frick Collection was planted this spring, reveals the secret of his art in this very personal interview by Caroline Seebohm

"Green fingers are the extensions of a verdant heart," wrote Russell Page in his wonderful book, *The Education of a Gardener* (Collins, London). Mr. Page himself, with many years of gardening behind him, is as verdant as an English lawn. His gardening takes him all over the world—4 airline trips a week is usual—and he recently arrived in New York City where he is completing his new garden for the Frick Collection, a beautiful house turned art museum by its owner, Henry Clay Frick (see more about this garden on page 34). He is very tall indeed, given to wearing sky-blue socks, and, with his pointed ears and large eyes, he looks rather like an overgrown faun—a not unfitting impression for one who has spent his life among the green and growing things of nature.

He is a busy man, and has a brisk, matter-of-fact manner, having learned, he says, from the great French decorator, Stephane Boudin, how to be "clear, rapid, and competent when faced with a client." Clients Russell Page has faced include some of the notable people of our time: the late Duke of Windsor, the Agnellis, the Marquess of Bath, Marcel Boussac, J. Ortiz-Patino, Mrs. William Paley, Sir William and Lady Walton. He learned gardening in England in the twenties, "when there was still a leisure class," and one senses he has some nostalgia for those days when trained gardeners were readily available to care for the marvelous creations the landscape artist wrought. "If you find a gardener anywhere in Europe today, he's bound to be over 55," he says with evident regret. He thinks, however, that there may now be a small swing back to professional gardening, particularly among young people. He has also noticed the enormous number of gardening and grow-your-own books in the stores across America. "There's a change for the better," he feels, "a new interest in gardening."



ELLIOTT ERWITT

FAR RIGHT, DERRY MOORE



"A small formal pool is set off by a band of [illegible]. Mr Page's description of a detail in the garden he designed for composer Sir William and Lady Walton on the Italian island of Ischia. You can see more of this and other gardens on the following pages.

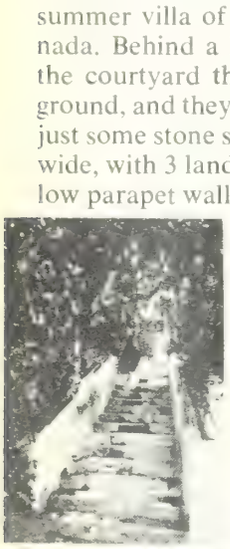


A song of praise

"As a painter uses color, a gardener uses plants"

Gardening, Mr. Page recognizes, is an evanescent art—"and I consider it an art just as a painter considers painting an art." But he believes a good garden can last. "The skeleton has to be done in such a way that somebody 200 years later can see the traces. When I see the Villa Madama in Rome I recognize the magic and why it's there, although there's nothing much left of Raphael's plans except the great terrace.

"Size has very little to do with it. The greatest piece of gardening in the world is a little staircase in the Generalife, the summer villa of the Alhambra in Granada. Behind a long narrow garden in the courtyard there's a piece of rising ground, and they made a staircase there, just some stone stairs, maybe 5 or 6 feet wide, with 3 landings. On either side are low parapet walls. The tops of the walls are hollowed out as runnels down which water races, and on each landing of the stairway there is a single vertical jet. The whole stairway is set in a grove of bay laurels which meet overhead. That's all there is. Just the sound of the water, this very simple staircase, and the dappled light coming through the green bay trees, and it's the best thing in gardening that I know, anywhere in the world."



The waters stairway at Alhambra—"the best thing in gardening I know"

The technique of gardening has changed enormously in Mr. Page's lifetime. "In the old days," he recalls, "one thought of a garden as a complex of plants and patterns, with herbaceous borders, for instance. All that has become so difficult now from the point of view of maintenance. I see gardening today in a completely different light. Now I work with land modeling, with trees, with water.

"Land modeling used to be a huge undertaking with hundreds of men digging with wheelbarrows, like building the Great Wall of China. Now it's relatively simple. You get a bulldozer and a driver—and most bulldozer drivers are brilliant. *(Continued on page 118)*



A pool around volcanic rocks *for Sir William and Lady Walton on Is*



Hedges and roses *in Mr. David and Lady Caroline Somerset's garden in Englan*



lowery cottage garden *for the Duke of Windsor outside Paris*
er and steps *for Jean Prouvost in southern France*





Volcanic rocks

to make a focal point at the lowest level of Sir William and [illegible] rocky waterless gully on a steep hillside when they acquired it perhaps 20 years ago. A flight of steps rises on the far side and a path leads off to a small formal pool with a jet fountain [see previous page]. Over the years the garden has become green and splendid with palms, chestnuts, cedars, bamboos, tree ferns—eccentric but visually successful neighbors supremely well-gardened.

An English garden

round an old French mill house was what the Duke of Windsor wanted and which we set out to make [top]. We massed all the old-fashioned herbaceous plants he loved, mixed with roses, syringas, lavender, artemisia. Adapting it to a French setting was an exercise in discretion, a quality indispensable to good garden design. The summer garden was all in opalescent colors with the blues of delphiniums and pinks of phlox. In fall the garden changed: yellows, reds, purples.

High yew trees

enclose a circular pool in Mr. David and Lady Caroline Somerset's small walled garden, filled with old-fashioned roses. Nearby are the croquet lawn and formal box-edged kitchen garden with espaliered apple trees, bands of flowers, squares of vegetables.

Water accents

mark all the different compartments of Jean Prouvost's Provençal garden. One is always accompanied by its music. Here is one of many changes in level where steps lead up from the house terrace to a flowered lawn. Planting is of cypresses, oleanders, myrtle, rosemary, water lilies. Flowerpots are set on steps.



A song of praise

"Don't start with ideas about gardens, start with the place"

A bouquet of advice from Russell Page.

The following ideas have been culled from Mr. Page's book *The Education of a Gardener.*

1 "When you have settled on what kind of flowers you want to plant, decide where you want to put them, how much space they should take, and then plant them, whatever they are, there and only there . . . let them tell their story fully and just once."

2 "If I were to choose a site for myself, I would prefer a hollow to a hilltop. A panorama and a garden seen together distract from each other. A view, too, usually means wind, and a windy garden is unrewarding."

3 "For a theme of some kind, a basic idea is essential. The factor, which will suggest the theme, may well be some predominating element already on the site: a level grass lawn, a group of silver birches, an apple orchard or an olive grove, a stretch of sandy gravel and heather. All the plan and planting should reiterate and reinforce the basic motif."

4 "I used to be taught in art school, 'Know what it is you want to say, then try to express it as simply as you can.' So with a garden: If you have a basic idea go all out for it, and don't allow yourself anything which will detract from that one theme. This demands courage and discipline."

5 "On a very small site, one where the whole garden area is perhaps not larger than that of the house, I would always tend to treat the whole space as one more large room which has the sky for its ceiling. Its walls would be green hedges or a tapestry of close-foliage climbing plants, or flowery vines. It would have a panel of lawn or a mat of flowers as carpeting, as well as chairs and tables."

6 "In general, in any garden one should limit one's choice of plants to those that will flourish. To succeed with a rare or difficult plant is a difficult pleasure and another question. A garden which is a well-run clinic or museum lies outside the domain of visual harmony."

7 "I try first to look at my planting as an exercise in monochrome—to see form only and, for the moment, let the color ride. I endeavor to decide where I need dark, where light, where flower and foliage should glitter or be opaque and quiet in tone."

8 "In general, I like gardens where the presence of water is at least hinted at, even if only by the old-fashioned butt collecting the rain water from the cottage roof, a simple wall fountain or a stone bowl for the birds to drink from."



Mid-19th-century *trees at the entrance of the Gianni Agnellis' villa in Villar Perosa are now mature, framing the mountains across the valley. I added no flowers, only an oval pool with a vertical jet.*

HORST



A modern house *in Normandy, Baronne Van Zuylen's Haras de Varaville, was erratically humped on a mound at the end of a walled garden. This presented problems which I tried to solve by planting the mound with lavenders, potentillas, helianthemums, plumbago, sages, artemisias, and all the gray-leaved hummocky plants I could find. Slate steps lead down to a length of lawn and through a yew hedge to formal plots in a former kitchen garden. The beds are filled with annual and perennial flowers and in one section a thousand-odd roses: botanical species, old-fashioneds, and hybrid teas.*

FRED WHITSEY



●● *For an Empire villa*

*in Northern Italy, I wanted to make a formal garden in the manner of 1800. I planted a shimmering vegetable plot with [illegible] of rose-bushes down to a basin of [illegible] with a fountain [illegible] and [illegible] with a stiff, [illegible] proportioned pool. From the central [illegible] I created [illegible] and [illegible] for [illegible] of box and [illegible] [illegible] [illegible]

Running: The new high

continued from page 89

Well, speculative or not, more and more Americans are discovering that running is better than camomile tea for calming the nerves. City parks and country lanes are increasingly filled with enthusiastic runners. Magazines such as *Running World* and *Running Times* tell you how to run and where the latest marathons are being held. Women's running in particular is gaining popularity. The New York Academy of Science's recent conference on the marathon concluded that women can and should run long distances, and that a women's marathon event should be included in future Olympic games. And a new book on running for women has just been published, *Running for Health and Beauty*, by Kathryn Lance (Bobbs-Merrill).

Nonrunners tend to think running means getting out of breath and feeling exhausted after 2 minutes. Not so, says Dr. Colt.

"The recommended way is to run at a speed that lets you carry on a conversation. Most authorities feel that if you're out of breath, you're running too fast." In other words, running isn't really hard physical exercise at all. "I think most long-distance runners will tell you that *hard* running is the one thing to avoid. They try to run smoothly and never stress themselves unduly."

The key to running, according to Dr. Colt, is to start very slowly, a few minutes every day, and build up a routine gradually. "Don't make the mistake of doing too much too soon. You may find it boring at first, but that's only a reflection of your poor tolerance to this new stress. As soon as you build up physical tolerance, the feeling of pleasure and exhilaration starts."

As for the nuts and bolts of running, Dr. Colt's advice is to wear *good running shoes* with arch supports and the maximum amount of sole cushioning (see A Running Start, page 89). "If your shoes are uncomfortable, it may mean you are going to have bruises, tendinitis, or other problems." Beginners should start running on as soft a surface as possible, such as grass or sandy ground, rather than on the road, which can be hard on ankles, knees, and even hips. (The foreign editor of *The New York Times* recently took up early-morning running in sneakers on the city streets. Not long after, he tore a calf muscle playing tennis, and was out of action for 6 weeks. His doctor attributed the injury to his running on cement in the wrong shoes. So be careful!)

Running on city streets raises another problem—air pollution. To run, you have to inhale and exhale more frequently than normal. How important, therefore, is the quality of air for a runner? The precise answer is not known, according to Dr. Colt, but even if the air is polluted, it is probably better to run than not take any exercise at all. Running cleans out the sinuses, lungs, and air passages generally. Dr. Colt recommended running to one patient who had intractable headaches from chronic sinusitis, which disappeared, never to return, when the patient had become a regular runner.

Dr. Colt himself runs 5 miles a day; when in training, the mileage can increase to 10 a day. He usually runs in the evening, in the park, where he meets fellow-runners. "As a group, they are very relaxed and easy to get on with. We have great conversations as we run," he says. Those body fluids again. And if you've ever wondered what runners think about as they pound away, studies have shown that "elite" marathon runners think about running and nothing else. They concentrate on their style, on their breathing, on the way their feet are hitting the ground. Average runners, on the other hand, seem to indulge in a lot of daydreaming, fantasy, and thinking about their problems, "sometimes forgetting them too," adds Dr. Colt.

Running is one of the few athletic activities in this highly competitive society that is not competitive—which makes its new popularity particularly interesting. "Most runners find eventually the running is actually more important than competing," comments Dr. Colt. "Al-

Continued on page 117

WINE & FOOD COVER BY KAREN RADKAI



WINE & FOOD



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General Foods Corporation

This month: Food for beauty and health—menus, recipes planned by Helen Corbitt of The Greenhouse spa; how good cooks put a healthy kick in their cooking (plus new equipment to make healthy cooking easier); all about bottled waters and low-calorie summer drinks

Eating for health

Are you eating as well as you should be? For the first time, a United States government committee has analyzed the American diet and published a set of guidelines to help you judge. *Dietary Goals for the United States*, prepared by the staff of the Select Committee on Nutrition and Human Needs of the United States Senate and released in January, pinpoints overconsumption of fats, sugar, and salt and underconsumption of fruits, vegetables, and whole grains as the major problem areas in American eating. So, in addition to our report on the committee's findings, we've gathered some appetizing, healthy recipes from health-conscious cooks. Before you make any drastic changes in your diet, be sure to check with your doctor. He will have the complete government report and be able to guide you on any changes.

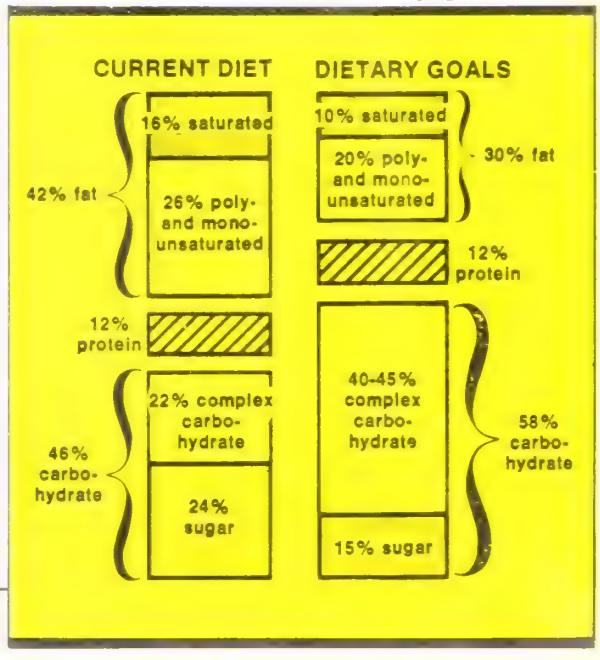
New dietary goals

In its report, the Select Committee on Nutrition and Human Needs of the U.S. Senate proposes six dietary goals, giving evidence why they are important as well as providing guidelines for reaching them. The chart, *right*, based on data from the Department of Agriculture, gives you a quick idea of the differences between the current average American diet and the Committee's recommendations for a more healthful diet, which, because of its emphasis on fruits, vegetables, and grains, is happily a less expensive diet as well.

Goal 1. *Make complex carbohydrates account for at least half of your energy (caloric) intake.* There is evidence that this may, among other benefits, reduce the risk of heart disease, help in the treatment of diabetes, and increase the amount of fiber and of micronutrients—vitamins and minerals—in the diet.

To reach the goal, eat more fruits, vegetables, and whole grains. Even when dieting, don't give up bread and potatoes. They're important sources of nutrients and fiber. One 20-gram baked potato contains 145 calories, 4 grams protein, 32.8 grams carbohydrate, .2 grams fat plus iron, thiamin, riboflavin, and niacin. Bread, according to Professor Olaf Mickelsen of Michigan State University, can be an ideal food for weight-reducing. In a test diet, a daily ration of 12 slices of bread satiated the appetite before the usual quota of calories were consumed. The average weight loss was 12.7 pounds in eight weeks. And in another study, Mickelsen found that 12 young men could obtain 90 to 95 percent of their protein needs from white enriched bread. That whole-grain bread would be even better is suggested by testimony that

Continued on page 116



Tips from top cooks

If you find you should modify your diet to meet these new nutritional goals, there are plenty of ways to add interest and flavor to your cooking as you cut down fat, salt, and sugar.

HOW TO SLIM DOWN YOUR FAT INTAKE

"Yogurt decalorizes sauces, blends flavors, and adds a tang of its own," says José Wilson, who uses it as a thickener in place of oil and cream. As a salad dressing: To a mixture of Dijon mustard, salt, pepper, and wine vinegar, add about a tablespoon of oil (just enough to emulsify the dressing) plus about 3 tablespoons yogurt. Shake in a screw-top jar. To replace cream for a quiche, use yogurt blended with a little milk. Make a butterless sauce for fish by reducing a little white wine and adding yogurt—don't let it boil or it will separate.

You can also use yogurt in place of the béchamel sauce in moussaka. Paula Wolfert, author of *Mediterranean Cooking* (Quadrangle), beats plain yogurt until smooth and combines it with well-beaten eggs and cheese. Season with salt, pepper, and nutmeg.

For a light sauce for chicken or veal, suggests Doris Tobias, combine grated apple with chicken stock. She also makes sauces for meats with lemon juice and a little cream instead of flour and butter. If you substitute cottage cheese for some of the fat in a pie crust, you can make a sturdy, tasty dough that's easy to handle. Pat Falzarano uses 4 tablespoons butter and 4 tablespoons sieved cottage cheese for 1½ cups flour. Add a pinch of salt and sugar. Work in with hands and add enough ice water to form a ball.

SWEETS WITH LESS SUGAR

Serve fruit and cheese, suggests Deborah Mazzanti whose book, *Secrets of the Golden Door*, is soon to be published by William Morrow. One cup fresh blueberries, 90 calories; strawberries, 50 calories; ½ cantaloupe, 50 calories, and an apple is 80 calories. Add an ounce of Cheddar, Edam, Gruyère, Monterey Jack, Port du Salut, or Muenster (and another 110 calories) for a healthy, satisfying dessert.

Make sugarless coffee ice milk, suggests Fayal Greene, author of *Food Processor Cookbook:* Process 2 cups strong coffee, 2 tablespoons honey or less to taste, and ½ cup skim milk powder. Freeze, but give mixture a

Continued on page 116



A week's worth of meals that look so beautiful and taste so good you can't believe it's a diet

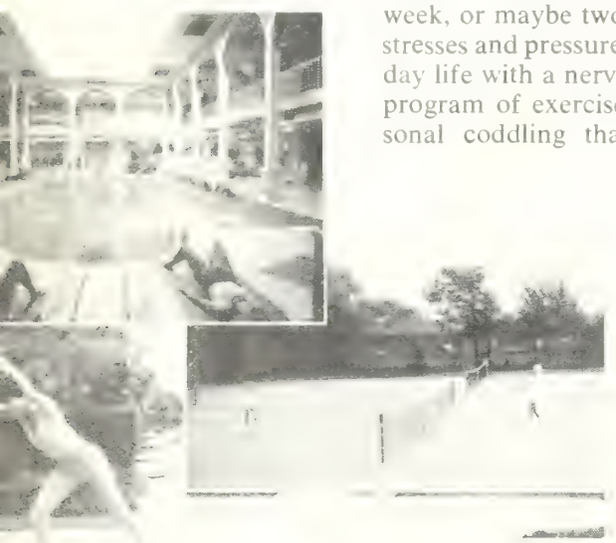
Feast yourself Slim

"Eat with your eyes, too," says Helen Corbitt, explaining her philosophy that all food, and especially food to lose weight by, should look beautiful. At The Greenhouse, a health resort and spa near Dallas, Tex. where Miss Corbitt masterminds the menus and diet, each meal is a carefully arranged mélange of colors and textures that seduce the eye and tingle the palate into believing that an 850-calorie-a-day diet is indeed a feast.

Guests who come to The Greenhouse for a week, or maybe two, shed the stresses and pressures of everyday life with a nerve-soothing program of exercise and personal coddling that gives a unique sense of well-being and new energy through movement, rest, and a careful diet. "Healthy food, that is fresh fruits and vegetables, wholegrain cereals and breads, foods low in saturated fats, lean meat and fish, all carefully cooked to preserve their nutrients, is essential to a healthy regime whether you are counting calories or not," says Miss Corbitt, whose next book will be *The Greenhouse Cookbook*, from Houghton Mifflin. "If you're hungry, eat more vegetables," suggests Miss Corbitt, who advocates a cooked vegetable lunch served hot or cold. "I like to arrange as many kinds of vegetables as I can muster on a platter, in rows. Serve about 2 cups cold, marinated with vinaigrette dressing, or hot, sprinkled lavishly with grated lemon or orange zest, chopped parsley, and sliced green onions."

If you feel low in the afternoon, put half a cup of fresh fruit in the blender or food processor along with a cup of ice to make a delicious fruit frappé, or drink half a cup of skimmed milk or bouillon as they do at The Greenhouse. The following menus and recipes (see page 110) are a guide to the kinds of food that will keep you trim and healthy based on an approximate 850 calories a day and a maintenance diet of 1200-1500 calories. However, check with your own doctor before going on a restricted calorie diet. For more about a stay at The Greenhouse, write to: The Greenhouse, P. O. Box 1144, Arlington, Tex. 76010.

Below left: Exercising at The Greenhouse takes place in and around the pool under the direction of Toni Beck. Tennis lessons are part of the exercise schedule, too.





Left: Helen Corbitt's cooking class.
Below left: Beauty treatment.
Below: Lunch by the outdoor pool.



Cooking for looks

Helen Corbitt's sleight of hand:
ON THE SHELL: Serve food in a shell to make portions appear larger: salads in a papaya or avocado half, zucchini boats for meats, scallop shells or ramekins for seafood salads.
MAKE MORE OF VEGETABLES: Cut squash on the bias; slice Brussels sprouts, snip green beans into several pieces, sliver carrots.
NATURAL SWEETENER: Serve a wedge of orange with tea both iced and hot—adds sweetness.
GIVE SALADS CHEW APPEAL: Add a crisp lettuce like romaine, slivered peppers (which are rich in vitamins), crunchy sprouts, apple slices.
IRRESISTIBLE SPINACH: Chop fresh spinach and stir-fry quickly in ⅓ teaspoon margarine or butter in a skillet.
ZIP UP FRUITS, SALADS, AND VEGETABLES with a sprinkling of orange zest. Grate several oranges and keep in freezer.

The Greenhouse men

FOR A WEEK

Monday

BREAKFAST

7:30 A.M./ juice of 1 orange
1 egg
Melba toast
Tea or coffee
10 A.M./ Potassium broth

LUNCH

1 P.M./ Hot fresh vegetable plate of asparagus, julienned carrots, ½ broiled tomato with mushroom scoop cottage cheese
Tea or coffee
3:30 P.M./ 3 ounces fruit frappé

DINNER

6:30 P.M./ Curried yogurt soup
7:00 P.M./ 2 ounces roast rack of veal with natural juices
½ yellow onion-stuffed squash
¼ cup spinach soufflé
Bibb lettuce, pineapple and Roquefort cheese
Sherry-French dressing
½ cup strawberry buttermilk sherbet
Demitasse



Counter clockwise from left: Breakfast on a tray: orange

Dinner

Dinner served on a tray: cheese

Shrimp and crabmeat sauteed in Chablis

For lunch beside the pool

A bouquet of salads





"Any combination of salad looks more attractive on a large plate"





Healthware

New pots, steamers, and kitchen machines that help you keep food's goodness in

Four equipment categories cover the healthy cooking field: Cookware with super nonstick surfaces for sautéeing without fats; roomy steamers for all types of foods; clay pots that steam foods in moisture and baste them in their own juices with thin glazes for easier clean-up; appliances that prepare food faster to save time, energy, and food values. **From upper left, 1:** Three-piece Pressureless Cooker—roomy steaming basket hangs above liner for boiling water. Cooked food is held at serving temperature automatically (Hamilton Beach). Pressure cook in small batches with 2½-quart Small Wonder (Mirro). New Cólony Cup fat separator works by pulling a toggle switch on the bottom (Rowoco). Nonstick for life—once the Marvelle Cookware fry pan, sauté pan, and saucepan are seasoned, there's no further need for fat (Oster). Cast-iron grill with nonstick finish for top-of-the-stove broiling (Le Creuset).



2

Tile background of green on cream is Elon Carillo hand-molded glazed tiles in plain and Arbor patterns (Ceramica Mia). **2:** Four shelves for drying garden produce. Use Sun Pantry in your oven with just the pilot or viewing light as your "sun" (Ambit). **Left to right, 3:** Ironstone Gourmet Steamer sits atop any pan filled with boiling water. Steam comes up center chimney (Ironstone Pottery). Oven casserole with glazed clay bottom, unglazed top, allows "wet cooking" with easier clean-up (Schlemmertopf). Short Tandoor Oven 3-piece clay pot recreates a brick oven in your own

(Amnion). **Left to right, 5:** Cream Parlor needs less tha box of table salt and four tray ice to make ices and sher (Waring). Vita Mix Super 3 whirs powerful blades that rev direction. The speed of the bl "cook"—the longer ingredi are processed, the hotter they come. You can "freeze," too. blades crush ice so fast the e mixture will freeze. Makes brea less than 2 hours from whole berries! (Vita Mix). Juice f vegetables in Automatic Pulp tor Juice Extractor which c apart easily to clean (Os Shopping information, page





trim model Vonni Mansell, **4**, loves to cook healthy food. Below, her menu and three of her dishes, **7:** saffron rice, lemon chicken, green bean salad. Pear dessert, **6.** To cook beans, first rinse, then put in a Saladmaster saucepan without water. The carbon steel core of the pan sandwiched between layers of stainless steel conducts heat evenly so it can be used without water or fats. Beans cook to crisp tender in about 12 minutes. Kitchen in which Ms. Mansell works by Patino/Wolf Associates. For recipes, see page 115.





VONNI MANSELL'S
DINNER FOR 4

Sesame lemon chicken
Green beans with cherry tomatoes, red pepper, scallions, and water chestnuts
Saffron rice with truffles

Vegetable salad with mustard and lemon vinaigrette

Poached stuffed pears



Taking the cap off bottled water

A-to-Z guide to 27 domestic and imported spring and sparkling waters

By Peter Quimme

Consumption of bottled water has doubled in this country over the past six years. In southern California, one out of every six people already drinks bottled water. The presence of large corporations like Nestlé and Foremost-McKesson in what used to be an almost exclusively "local enterprise" business indicates that the bottled water industry has a bright, sparkling future.

What stimulates so many people to forsake the free H_2O from the kitchen tap for the bottled kind? Two words sum up the motivation: taste and safety. And up to now, safety hasn't been the major reason. A lot of people just haven't liked the appearance, smell, and taste of their local water. They've complained it looks like pond water, smells like a gym pool or reeks of sulphur, has an iron tang or a brackish backbite, or something equally unpleasant. In trying to find a water that didn't taste terrible, they've discovered that one or more bottled waters tasted good, even delicious. Besides, American tastebuds have been getting fussier, so it was probably inevitable that eventually the growing number of people who care about their wine and food wouldn't be content to serve tap water at their tables.

Potential health hazards in municipal water systems may soon account for a good portion of U.S. bottled water sales, too. Reports of bacterial and chemical contamination in some city water supplies has caused Americans to question the long-held assumption that all their water is pure. Many were frankly alarmed in late 1974 by news from the Environmental Protection Agency and the Environmental Defense Fund about the pollution of Mississippi River water and the possibility that cancer-causing substances were present in New Orleans drinking water. Subsequent studies around the country indicate that there may be over 400 different chemicals present in public drinking water. Most disturbing of all is the growing evidence that chlorine (by far the most common means of eliminating bacterial pathogens and viruses in municipal water supplies) may form potentially carcinogenic chlorinated compounds when added to water. Even though most water experts contend that most U.S. water is safe to drink, they do admit we're only beginning to understand the long-term effects of various organic and chemical substances.

The two concerns voiced about tap water apply to bottled waters, too: How safe are they and how good do they taste? Unfortunately, the answer to the question "Is bottled water safe?" isn't a clear-cut yes. Different types of bottled water fall under different sets of standards. While there are about a dozen distinguishable categories of bottled water, first of all you must understand there are really only two basic kinds: *drinking water* and *mineral water*.

Bottled drinking water

Bottled drinking water may come from a natural spring, a well, or may be ordinary tap water which has been processed to remove impurities and improve its appearance and taste. In its purest form, it is *distilled*, that is condensed from water vapor, and is therefore free of any solids, minerals, or trace elements. Soft, drinkable, but flat-tasting, it's widely used in steam irons, photography, and special diets. More flavorful are *processed* drinking waters which are purified, but have a few minerals added back to give them more character. Tastier than these, however, are unadulterated spring waters with naturally occurring minerals. All these bottled drinking waters are subject to regulations by the FDA which sets standards for all such waters that cross state lines, including physical, chemical, radioactive, and bacteriological requirements as well as what can go on the label. The source of water need not be named but if "spring water" is used on the

Continued on page 10

The up-and-coming "in" drink



ISHIYURO



Pick of the crop.

A basket of fruit, a fine natural cheddar – this is our pick for a really fresh dessert. The fruit you pick could be grapes or apples or pears. The cheddar, of course, is Cracker Barrel from Kraft. America spells cheese K$_{R}$A$_{F}$T.

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label, the water must be obtained from a natural flowing spring. In addition, individual states set their own standards—and these state regulatory agencies are the only ones that govern those bottlers whose products don't cross state lines. These local standards may be more stringent than Federal requirements, or they may fall far below those set for public drinking water—it depends on the state. (For example, New York State's are strict.)

Mineral water

Mineral water (almost all imports) on the other hand, isn't held to the same standards as bottled drinking water. Instead it must meet the minimum standards the FDA imposes on foods and beverages in general. The FDA regularly tests samples of each of the mineral waters imported into this country. Some of the popular mineral waters of Europe have an extremely high mineral content, and for this reason some cautious scientists think potentially problematic substances may build up in the body if these waters are consumed in large quantities on a long-term daily basis. They recommend highly mineralized water be consumed in moderation as a beverage. Such a warning is ironic, because many high mineral content waters in Europe have been sold for centuries for their supposed therapeutic benefits. (In this country, FDA regulations don't allow therapeutic claims to be made on any water label, domestic or imported. But given the bad press tap water has been getting lately, the bottled water industry has been content to stick with broad assertions of water purity, leaving consumers to form their own conclusions as to its healthfulness.)

Do bottled waters (drinking or mineral) have better flavor than tap water? Again, the answer is a qualified yes. The wide variety of uses for which various kinds of water are intended accounts in part for their great range of tastes. A light, bright, soft spring water is just the sort of thing to quench a raging thirst, and makes a fine water for everyday use, but it's not what one would want to quiet a stomach distressed by a heavy, rich meal. Europeans in that predicament have long turned to the gaseous, alkaline spa waters like Vichy, which are far better tasting (and less upsetting to the digestion) than bicarbonate of soda. Most Americans aren't familiar with this use of water and tend to dislike water with this kind of flavor. Some people are overly sensitive to alkaline tastes. You'll know you are if you invariably call even slightly alkaline water "soapy."

The mildly alkaline sparkling waters, on the other hand, are as useful as palate refreshers at lengthy wine tastings as they are after meals, far more neutral than the French bread or plain crackers universally recommended.

Finicky spirits drinkers have long known the perils of adding chlorinated tap water to a first-rate whiskey or cognac. Far better to set off your favorite liquor with still water like Hinckley & Schmitt or Luso or sparkling water like Bru or Perrier.

The two great virtues all bottled waters share is that they are low in calories and cost. People with weight problems will be delighted to find still and sparkling waters, which offer interest to the palate without adding to the waistline. It's also nice to know fine spring and sparkling waters are among the most inexpensive gourmet items you can buy. Most domestic spring waters (Blue Rock, Berkshire Mountains, Mountain Valley, Hinckley & Schmitt, etc.) cost about 50¢ to $1 a gallon, and most imports (Apollinaris, San Pellegrino, Bru, Vichy, etc.) cost about 75¢ to $1.25 a quart. Most imports come in a 30-ounce size—average price about 90¢—but a few, like Perrier, come in bottles as small as 6½ ounces. Some local spring waters are available in 5-gallon jugs at even greater savings.

Mildly alkaline sparkling waters are useful as palate refreshers after meals

The following list of domestic and imported waters is by no means exhaustive, but includes most of the commonly seen labels as well as a few uncommon ones. You may not find them all in your local delicatessen, but you may see some on your travels around the country, or in Europe. Emphasis is on natural spring waters—the aristocrats of drinking waters in terms of taste—and on some of the more interesting domestic and imported mineral waters, both sparkling and still.

Apollinaris Natural Mineral Water
(Bad Neuenahr, West Germany)
"The Queen of Table Waters," as it's billed on the label, is lightly alkaline in taste and lightly carbonated with its own natural gas. The fizziness coupled with the flavor is somewhat bicarbonaty, but is subtle in character compared with some European spa waters.

Badoit Sparkling Mineral Water
(Saint-Galmier, France)
A naturally sparkling mineral water from the Loire valley, it's lightly alkaline but less mineraly than Apollinaris. Excellent flavor and sprightly bubbles make it a stylish choice for after meals.

Berkshire Mountain Spring Water
(Southfield, Massachusetts)
Also sold under the Pioneer label, this is an exceptionally clean and bright tasting, perfectly balanced (neither alkaline nor acid) everyday drinking water. A light mineral content gives it a soft, clean taste.

Blue Rock Mountain Spring Water
(New Tripoli, Pennsylvania)
Even lower mineral content than Berkshire Mountain gives Blue Rock a clean, pure taste but a very simple character. Many consider that a virtue in an everyday drinking water, and because of it, Blue Rock does make first-rate coffee and tea.

Bru Natural Spring Sparkling Mineral Water *(Chevron, Belgium)*
Bru's light, tickling effervescence and soft, neutral flavor make it a topnotch all-around mixer for spirits or white wine spritzers.

Calistoga Sparkling Mineral Water
(Calistoga, California)
Bottled at the Calistoga Geyser in California's Napa Valley, this well-known West Coast water has nothing added but moderate carbonation. The lightly mineral flavor has volcanic (but not sulphury) hints and a slightly saline aftertaste. A fine, zesty mixer, it's the closest thing in America to France's Perrier.

Crodo Mineral Water
(Crodo, Italy)
Added carbon dioxide gives this alkaline, mildly minerally water some interest. Clean and simple, a first cousin in taste and style to San Pellegrino.

Deer Park Spring Water
(United States)
Formerly from a Maryland spring and resort of the same name, Deer Park now belongs to the Nestlé conglomerate. It's still labeled spring water—in fact "100 percent spring water"—but no particular source is mentioned. The taste is clean, soft, and simple.

Evian Spring Water
(Evian-les-Bains, France)
It's easy to understand why Evian is the world's best-selling water. It has a full, rounded, lightly minerally flavor and tastes the way you'd imagine an alpine brook gurgling over rocks would. Low sodium content and neutral balance help make it one of the most attractive still waters in the world.

Fiuggi Natural Mineral Water
(Fiuggi, Italy)
Fiuggi water from the central Italian spa of the same name has been a favorite of popes and princes for centuries. Even Michelangelo drank it. There's nothing historical on the label, but there are chemical and biological analyses by a couple of Rome University professors. Low in minerals and clean, soft, and delicate on the palate.

Great Bear Natural Spring Water
(North Coventry, Pennsylvania)
Great Bear is a familiar name in the East, and appears on both spring and processed water. A sample, from Sassoona spring (bottled in New Jersey), proved clean, fresh-tasting, and simple.

Continued on page 112

Kelvinator knows what you want: More food storage space in the same old kitchen refrigerator space. OK?



Dennis James speaks for Kelvinator:

"You know what Kelvinator did?

They found a whole new way for insulating refrigerators, that's what.

In technical jargon, it's called foamed-in-place insulation. But Kelvinator calls it Trimwall, because it lets them build their refrigerators with thinner walls. Which lets them add storage space inside without adding storage problems outside.

If that's all Trimwall did, it'd be plenty. But—how nice!—that isn't all it does. It saves you money, too.

Trimwall insulation seals every inch of wall space like no ordinary insulation can. So you use less electricity, because more of the cold stays right where it belongs. Inside.

And what an inside it is! With no-frost freezer and no-frost refrigerator. With optional ice maker and see-through controlled-cold meat compartment. With adjustable shelves and see-through vegetable crispers.

Or in other words, with beauty and brains.

Kelvinator refrigerators are designed for the way you want to live today. So what do you say? Go down to your Kelvinator dealer, and open the doors on one.

Just to see what you've been missing. OK? OK!"



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Tuesday

BREAKFAST
Hot poached peach
1 ounce lean Canadian bacon
Tea or coffee
Melba toast
10 A.M.—Potassium broth

LUNCH
Individual Niçoise salad, 1 ounce of tuna in each salad
Tea or coffee
3:30 P.M.—3 ounces fresh fruit frappé

DINNER
6:30 P.M.—Pickled shrimp
Cold carrot soup
½ roasted 1½-pound chicken with chanterelles (basted with sherry)
Watercress salad, sherry French dressing
½ cup, or equivalent, cold lemon soufflé
Demitasse

Wednesday

BREAKFAST
¼ cantaloupe with lime
1 egg or 1 ounce cottage cheese
Melba toast
Tea or coffee
10:00 A.M.—Juice of 1 orange

LUNCH
½ cup, or equivalent, filet of sole soufflé
1 zucchini fan, Parmesan
1 small tomato filled with piquante salad
Tea or coffee
3:30 P.M.—3 ounces fresh fruit frappé

TRAY DINNER
Marinated fresh artichoke
Roasted whole Rock Cornish hen, 16 ounces, with truffles
1 small white turnip filled with spinach crème
Watermelon ice in cantaloupe slice
Tea or coffee

Thursday

BREAKFAST
½ cinnamon baked grapefruit
1 egg or 1 ounce cottage cheese
Melba toast
Tea or coffee
10:00 A.M.—Demitasse of essence of celery

LUNCH
Bouquet of salads (honeydew, Greenland shrimp, cottage cheese scramble)
Raw relishes on ice
Tea or coffee
3:30 P.M.—3 ounces fresh fruit frappé

DINNER
6:30 P.M.—Demitasse cold squash soup with chopped chives
Leek salad on fresh spinach
Mixed grill: 6 ounces loin lamb chop, 1 ounce calf's liver, ½ baked tomato, 1 sautéed mushroom
½ cup slivered asparagus with chives
Warm poached peach with orange
Demitasse

Friday

BREAKFAST
Sliced orange
1 egg or 1 ounce cottage cheese
Melba toast
Tea or coffee
10:00 A.M.—Potassium broth

LUNCH
6 medium shrimp and 1 ounce king crab sautéed in Chablis
½ cup stir-fried vegetables
Small Belgian endive, watercress and orange salad
Tea or coffee
3:30 P.M.—3 ounces fresh fruit frappé

DINNER
6:30 P.M.—Fresh caviar with celery sticks for dipping
½ peeled tomato piled with ¼ cup cold ratatouille, with sherry French dressing
8 ounces baked mountain trout with slivers of green and red pepper
½ cup fresh broccoli buds with grated beets and green onions
¼ cup white turnip purée
¼ cup fresh pear ice
Demitasse

Saturday

BREAKFAST
½ grapefruit
1 egg or 1 ounce cottage cheese
Melba toast
Tea or coffee
10:00 A.M.—Potassium broth

LUNCH
½ pineapple filled with shredded lettuce, ½ cup julienned fresh pineapple, 1 ounce julienned cold poached chicken, and 1 ounce frozen strawberry yogurt
Tea or coffee
3:30 P.M.—3 ounces fresh fruit frappé

DINNER
6:30 P.M.—Demitasse of gazpacho
¼ cup jellied watercress soup
2 ounces spinach and mushroom-stuffed roast loin of veal, basted with red wine
Scooped-out tomato filled with artichoke soufflé
Small Bibb lettuce salad with slivers of blanched, uncooked yellow and green squash, vinaigrette dressing
½ cup molded three fruit sherbet
Demitasse

Sunday

BREAKFAST
Fresh fruit plate (2 slices honeydew melon, 2 whole strawberries, ¼ papaya, mint, ¼ lime)
1 egg or 1 ounce cottage cheese
Melba toast or bran muffin
Tea or coffee

BUFFET LUNCH
Whole cold poached salmon—skinned and decorated with lemon twists (3-ounce portion)
Cucumber relish in yogurt sauce
½ cup, or equivalent, artichoke soufflé
¼ cup sliced mango with lime
Tea or coffee

BUFFET DINNER
6:30 P.M.—Demitasse of cold consommé with vegetables
2 ounces gingered butterflied leg of lamb, basted with marinade
1 zucchini cup filled with mushrooms
Small fresh spinach salad, mustard dressing
⅛ Stained-glass Window Dessert
Demitasse

Gingered butterflied leg of lamb

INGREDIENTS
1 3-5-pound leg of lamb, boned and butterflied
¼ cup ginger, slivered
2 tablespoons salad oil
3 tablespoons lemon juice
1 onion, diced
2 tablespoons honey
1 clove garlic, peeled and minced
1 teaspoon ground coriander
½ teaspoon ground cumin
1 teaspoon Vege-Sal
pinch cayenne

METHOD
☐ Have the butcher bone and butterfly a leg of lamb. Trim lamb of all visible fat. Place in a shallow casserole or pan. Mix rest of ingredients and put in blender. Pour over lamb, cover, and let stand overnight in refrigerator. Turn occasionally.
☐ Remove lamb from mixture and place on a broiler pan. Broil 8 inches down from heat for 12 minutes. Turn, baste with mixture left in pan. Broil 12 minutes. Turn off heat and let lamb remain in oven for 15 minutes. Remove lamb to warm platter. Add water to pan and deglaze. Slice in thin slices and serve with cooking juices. Increase broiling time if you like your lamb well done. Serves 8. 184 calories per 3-ounce portion (2 slices, 4⅛ by 2¼ inches by ¼ inch thick).

Zucchini cups

INGREDIENTS
2 medium-large zucchini, scrubbed
1 tablespoon whipped margarine
1 tablespoon shallots or green onions, minced
¼ pound mushrooms, finely chopped
Vege-Sal
1 tablespoon parsley, chopped
1 tablespoon Parmesan cheese, grated

METHOD
☐ Cut zucchini into 2-inch slices. Steam 5 minutes. Cool, and dig out center seeds leaving a thin layer in the bottom.
☐ Melt the margarine in a saucepan, add shallots or green onions and mushrooms Sauté 2 minutes. Season with Vege-Sal. Add parsley. Stuff mixture into cavities in the zucchini. Sprinkle with cheese and reheat in a 350° oven. Serves 6. 40 calories per serving.

Stir-fried vegetables

INGREDIENTS
1 tablespoon peanut or vegetable oil
½ cup carrots, slivered
½ cup celery, slivered
1 medium zucchini, sliced thinly on the bias
2 tablespoons chicken broth or water
¼ pound snow peas
salt, pepper

(Continued on page 112)



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METHOD

☐ Put oil in a skillet and bring it to high heat. Add carrots and stir-fry 1 minute. Add celery and zucchini and stir 1 minute. Add chicken broth or water and cover. Cook 30 seconds. Add snow peas, cover, and cook 30 seconds more. Season with salt and pepper, stir, and serve at once. Serves 6. 34 calories per ½-cup serving.

Bouquet of salads

INGREDIENTS

3 soft lettuce cups
½ cup small shrimp, preferably Greenland
½ cup honeydew melon balls, or any melon
½ cup cottage cheese scramble (recipe below)
1 tablespoon mustard yogurt (plain yogurt mixed with Dijon mustard to taste)
½ lemon, with center scooped out
a few capers, if desired
watercress or parsley

METHOD

☐ Put lettuce cups in center of plate. Arrange the shrimp in one, the melon balls in another, and the cottage cheese scramble in the third. Put the mustard yogurt in the lemon half and put on plate. Decorate with capers, watercress or parsley. Serves 1. 204 calories.

Cottage cheese scramble

INGREDIENTS

2 cups low-fat cottage cheese
½ cup tomato, peeled, diced, and seeded
¼ cup cucumber, diced
¼ cup celery, diced
¼ cup radishes, thinly sliced
2 tablespoons chives, chopped

METHOD

☐ Toss the cheese with the tomatoes, cucumber, celery, and radishes. Sprinkle with chives and refrigerate until ready to serve. Serves 4. 73 calories per ½-cup serving.

Refrigerator bran muffins

INGREDIENTS

5 cups All-Bran cereal
1 14.8-ounce box seedless raisins
2 cups boiling water
1 cup sugar
1 cup corn oil
2 cups molasses
4 eggs, well beaten
1 quart buttermilk
5 cups flour
5 teaspoons baking soda
1 teaspoon salt

METHOD

☐ Put 2 cups bran and the raisins in a bowl. Pour the boiling water over and set aside to cool.

☐ Put sugar in a large bowl and stir in, one at a time, the oil, molasses, eggs, buttermilk, and remaining bran.

☐ Put flour, soda, and salt in a bowl and stir until well mixed. Add to bran-milk mixture. Finally stir in the cooled bran-raisin mixture.

☐ Store in covered quart jars in the refrigerator. It keeps perfectly for as long as 2 months. Spoon into buttered muffin pans, filling them about ⅔ full. Bake in a preheated 400° oven exactly 20 minutes. Allow to cool slightly in pans on a rack. The muffins come out of pans more easily if given a short rest period. They also freeze well. 1 muffin, 2 ounces uncooked mixture, 116 calories; 1 petite muffin, ½ ounce (1 tablespoon) uncooked mixture, 30 calories.

Watermelon ice

INGREDIENTS

4 cups watermelon meat
2 tablespoons lemon juice
1 teaspoon gelatin melted in ¼ cup hot water
pinch of salt
cantaloupe or honeydew melon
fresh lime or lemon, optional

METHOD

☐ Place watermelon, juice, softened gelatin, and salt in a blender or food processor and liquefy mixture. Freeze in a deep freezer or crank freezer.

☐ Before ready to serve, return mixture to blender or food processor and stir. Makes 1 quart ice.

☐ Ice may be served in the cavity of the cantaloupe or honeydew melon half. Scoop out seeds and fill cavity with ice, cover with plastic wrap and return to freezer. When ready to serve, cut in sixths and serve with slices of lime or lemon. 16 calories per 4-ounce serving; 15 calories per cantaloupe sixth.

Strawberry buttermilk sherbet

INGREDIENTS

4 cups buttermilk
¼ cup lemon juice
1 cup corn syrup
½ cup puréed strawberries
Garnishes: strawberries and mint leaves

METHOD

☐ In a metal bowl, mix buttermilk, lemon juice, corn syrup, and strawberries. Freeze mixture until almost firm.

☐ Remove mixture from freezer and place in a chilled bowl; break up the lumps, and beat with an electric beater or food processor until smooth. Return mixture to the metal bowl and freeze, stirring several times, until almost firm. About 5½ cups.

☐ Serve a small scoop and place a half strawberry on top with a fresh mint leaf. Serves 12. 116 calories per ½-cup serving.

Stained-glass Window dessert

INGREDIENTS

1 tablespoon unflavored gelatin, dissolved in ¼ cup cold water
1 cup fresh orange juice
1 tablespoon lemon juice
1 orange, unpeeled
2 peaches or 1 peach and 1 plum
1 cup cantaloupe, sliced into bite-sized pieces
1 cup honeydew melon balls
5 white seedless grapes
5 blue grapes, seeded, cut in half
6 large strawberries, cut in half

METHOD

☐ In a double-boiler, melt the gelatin over hot water and add the juices.

☐ Cut the orange in half lengthwise and slice in very thin slices. Form a scalloped edge with orange slices around an 11-inch round tray or plate. Pour about ½ cup of the gelatin mixture over the orange slices to hold them in place. Refrigerate until set. Peel the peaches or plum and place half of one in the center of the tray and add about 1 tablespoon gelatin to hold it and allow to set.

☐ Using the remaining fruit, make a design on the surface with slices of peach, cantaloupe, honeydew melon, grapes in a cartwheel fashion, and strawberries. Pour remaining gelatin mixture around the fruit, but do not cover it. Refrigerate until set.

☐ Any fruit may be used except fresh pineapple.

☐ Cut dessert into pie wedges and serve. Serves 8. 52 calories per serving. ■

Bottled water
continued from page 108

Hinckley & Schmitt Spring Water
(Yorkville, Illinois)
A popular spring water offered in the Chicago area by a large Midwest bottler, it's billed as "the perfect mixer." Although it does make a good one, it's best just as a clear, bright, and clean-tasting drinking water.

Jagger's Sparkling Scottish Water
(Greenock, Scotland)
"Collected from heather-covered peat-moorland hills," the back label states. Full and weighty on the tongue, this water is lightly carbonated to give it a little pep and would lend sturdy support to a good whiskey.

Luso Water
(Luso, Portugal)
This is a truly delicious water. Wonderfully light and vibrant in the mouth, it's thirst-quenching, soft, and subtly flavor-

il all at the same time. As clean and de-ghtful as a taste from a mountain ream should be, it's a superb still water.

lattoni Natural Alkaline Spring lineral Water
arlsbad, Czechoslovakia)
lattoni sports a complete chemical anal-sis on its label, which confirms its natur- effervescence, alkaline flavor, and high odium content. Doubtless these elements e responsible for its great zest and racy haracter. Serve it, perhaps, after a spicy ast European meal.

lountain Valley Water
lot Springs, Arkansas)
he best-known and most widely dis-ibuted natural spring drinking water in ie U. S., it's been drunk for decades by residents and famous racehorses as well s ordinary folk. Only slightly alkaline id low in sodium, this refreshing water as just the right mineral balance to give a delightful flavor and character. A rst-rate everyday drinking water.

eñafiel Mineral Water
ehuacán, Mexico)
ne of several "windy waters" from ehuacán. Its over-carbonation masks ildly alkaline, mineral flavors. Peñafiel cleanly made and worth consideration hen visiting south of the border.

errier Mineral Water
ergeze, France)
A bright, racy, mineral spring water with eedling, insistent bubbles that come rom the spring's natural gases forced ack into the water during bottling. A istinct underlying mineral tang gives this ater snap and style. Extremely enjoy-ble by itself, it also makes a fine mixer.

oland Water
Poland Spring, Maine)
Known since 1845, this deep granite pring yields a full, soft, clean, lightly al-aline water with little mineral flavor hat makes it good for coffee and tea.

Ramlösa Royal Swedish Mineral Water
Hälsingborg, Sweden)
This superb, mildly alkaline water has an xtremely appealing flavor set off by ight, crisp carbonation. Round and prightly sweet on the tongue, it's hard to eat as an after-dinner water. Those who dislike most alkaline waters should give Ramlösa a try.

San Pellegrino Mineral Table Water
Bergamo, Italy)
Another famous Italian water from a venerable spa (this one near Milan). Like Fiuggi, it carries an elaborate anal-sis on its label; added carbonation gives his lightly alkaline, clean-tasting water ome pep. Similar to Crodo.

Sand Springs Spring Water
Williamstown, Massachusetts)
The same bottler appears to put out this ight, clean, low-mineral, mildly alkaline vater under the *Greylock Mountain Springs* label, too. Both are good every-day drinking waters.

Saratoga Vichy Water
Saratoga Springs, New York)
Aggressively gassy, this alkaline sparkling water from New York State's well-known resort has a saline finish.

Solares Natural Spring Drinking Water
Guatemala, S.A.)
Solares is said to be Spain's favorite. I found it full, round, well-balanced, and mildly alkaline with a sweetly clean finish. A fine water, it deserves to be more widely available.

Spa Natural Spring Water
(Spa, Belgium)
The water from the resort that lent its name to similar establishments: Spa, the famous mineral springs southeast of Liège. Light, rather soft to the taste, it's similar to Fiuggi. A fine drinking water.

Vichy-Célestins Natural Alkaline Spa Water *(Vichy, France)*
This water has been held in esteem for its natural gassiness and strongly alkaline flavor since Julius Caesar discovered the spring. Vichy's almost volcanic tang makes it an acquired taste.

Vichy Saint-Yorre Sparkling Mineral Water *(Saint-Yorre, France)*
A naturally sparkling, strongly alkaline water, it has a lighter flavor than Vichy-Célestins. For those who want a water to combat the aftereffects of a meal of rich food this is a palatable choice. ■

How to make your wash turn yellow.





On purpose...with RIT® Dye.

One of the simplest ways to dye light-colored fabrics in sunshine bright colors like yellow or orange is to use RIT Dye right in your washing machine. Be sure that the fabric you want to dye is washable, and that you remove any spots it may have first. Then, follow these RIT tips to get luscious fresh colors:

1. For best color results, use the hottest water possible.
2. Use two boxes of powder dye or one bottle of liquid dye for each two pounds of fabric. (Double the amount of dye for dark colors.)
3. For richer colors, reset your washing machine cycle so that the dyebath agitates for a total of 25-30 minutes.

You'll find dyeing in your washer safe. And RIT directions will give you all the simple clean-up instructions you'll need to keep your washer clean and safe for other clothes.

For a free booklet or answers to questions on dyeing, write RIT, Dept. Y, 1437 West Morris St., Indianapolis, Indiana 46206.



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Slim pickings

By Doris Tobias

Tips for mixing low-calorie drinks

A squeeze of lime, the juice of a grapefruit, a spicy broth, plus a liberal jangling of cubes all add a fillip and the minimum of calories to a drink. Here are some snappy tips for low-calorie mixing, great new recipes for light drinks, and a calorie chart for spirited drinks.

Know your calories

The caloric content of distilled spirits may be calculated entirely on the basis of alcohol content.

	calories
DISTILLED SPIRITS	
Gin, rum, vodka, whiskey	
80 proof	
Jigger *(1½ fluid ounces)*	97
1 fluid ounce	65
86 proof	
Jigger	105
1 fluid ounce	70
90 proof	
Jigger	110
1 fluid ounce	74
94 proof	
Jigger	116
1 fluid ounce	77
100 proof	
Jigger	124
1 fluid ounce	83
CARBONATED WATERS	
Sweetened (quinine, tonic) 1 fluid ounce	12
Unsweetened (club soda)	0

Think melon

Fresh melon has many things going for it—zingy flavor, low calorie count, pleasing texture, terrific eye appeal. Puréed or liquefied, it is frothy, cooling, pastel-colored, and makes a superb base for many mixed drinks. One half cup of cubed cantaloupe, enough for 1 drink, is 24 calories; casaba melon, 31; honeydew, 27; watermelon, 21.

Here are some Minceur Melon Mixers, using techniques of the slimming new-wave cooking of France. Use them as ideas, mix and match your own melon mixers.

Honeydew and rum minceur: Combine ½ cup cubed fresh honeydew, 1 ounce rum, and whirl in a blender or food processor until puréed. Spoon into an Old-fashioned glass, add plenty of crushed ice, and stir. Garnish with a cube of fresh cantaloupe. **Calorie count: 97.**

Cantaloupe and vodka minceur: Combine ½ cup cubed fresh cantaloupe, 1 ounce vodka, and 1 teaspoon fresh lemon juice in a blender or food processor and whirl until puréed or liquefied. Spoon into a double Old-fashioned glass, add ice cubes and a splash or two of club soda. **Calorie count: 92.**

Casaba and brandy minceur: Combine ½ cup cubed fresh casaba melon, 1 ounce brandy, and 1 teaspoon lemon juice in a blender or food processor and whirl until liquefied. Spoon into a tall glass, add plenty of crushed ice and a splash or two of club soda. **Calorie count: 100.**

Watermelon and gin minceur: Place 1 cup seeded and cubed watermelon and 1 ounce gin in the blender or food processor and whirl until liquefied. Pour into a tall glass, add plenty of ice cubes, and 3 slightly bruised juniper berries. **Calorie count: 89.**

The Slim Americano: Mix 1 ounce Campari, 1 ounce sweet vermouth, and a dash or so grenadine extract, which has a pomegranate flavor. Add lots of ice, plenty of club soda, and garnish with a twist of lemon zest. **Calorie count: 110.**

Orange Mountain Fizz: The zesty fruitiness of California Mountain Red Burgundy marries tastefully with the flavor of orange. The addition of Curaçao reinforces the flavors and provides an automatic intensity.

Use a tall slim Collins glass. Add 2 ounces California Mountain Red Burgundy, ½ ounce Curaçao (or other orange-flavored liqueur), and lots of crushed ice. Fill glass with diet orange soda. Top with 1 large, beautiful Emperor grape. **(Wine, 46 calories; Curaçao, 48; total, 94.)**

Jamaica Jolt: Three flavors enliven each other and make a refreshing drink, attractive to the eye, palate, and waistline.

Chill a balloon wineglass. Fill it ⅓ full with crushed ice. Add 6 ounces freshly brewed and cooled strong tea, the strained juice of ½ a freshly squeezed lime, and 1 ounce light rum, 80 proof. Stir and garnish with a sprig of dark, leafy Italian parsley. **(Lime juice, 7 calories; rum, 67; total, 74.)**

White on White: Here's a spirited white on white that's high in taste. The herbs in the vermouth are not apparent to the

Continued on page 117

Quick tips for reducing calories in mixed drinks

Lemon—A teaspoon of lemon juice, fresh or bottled, adds zip and tartness to tomato and fruit-based drinks and contains only 1 calorie.

Lime—Gimlet and Lime Rickey lovers will be delighted that 1 teaspoon of fresh or bottled unsweetened lime juice adds just 1 calorie to the drink.

Unsweetened grapefruit juice—fresh or frozen, unsweetened grapefruit juice adds up to 12 calories per ounce.

Bouillon or beef broth—A fantastic mixer, invigorating and satisfying; both marry well with whiskey. Commercial bouillon cubes contain as little as 6 calories per cube; 4 ounces of canned beef broth as little as 6 calories. (Campbell's prepared beef broth, 4 ounces, 13 calories; College Inn, 6 calories.)

Clam juice or liquor—For those who love the taste of the sea, clam juice is fresh, bracing. 4 ounces are 16 calories.

Tomato juice and vegetable juice cocktails—6 ounces of zingy tomato or vegetable juice cocktail contains from 31 to 43 calories, depending on the brand. (V-8 is 31; Campbell's tomato juice, 33; College Inn tomato juice cocktail, 43.)

Drink garnishes—Stay with a curl of lemon or orange zest, or a thin slice of fresh lemon or orange, and little cocktail onions, which contain only trace calories.

Water—Nature's perfect noncaloric mixer, lengthens every drink without adding to the calorie count.

Ice cubes and crushed ice—The festive clink of ice, like a conditioned reflex, adds to the pleasure of a drink and the gaiety of the occasion.

Crushed ice turns a standard cocktail into a frappé, which not only looks pretty, but lasts longer.

Club soda—The sparkling effervescence gives a tingle to the tongue and extends a modest amount of whiskey or wine into a lingeringly long drink.

Diet sodas—Especially for those who like their drinks on the sweet side. These will add only trace calories to any mixed drink.

METHOD

et proof for 5 minutes

rock for 5-10 minutes. Remove to a me-

ove, but they give the drink a pleasant zing.

Chill an Old-Fashioned glass. Pour in 2 ounces dry Italian vermouth, 1 ounce dry white California Chablis or Chenin Blanc, and add enough ice cubes to fill to the brim. Stir briskly with a sprig of rosemary. (Vermouth, 70; wine, 43; total, 113.)

Sherry Apple Spritzer: The delightful nutty flavor of the amber sherry lingers long on the palate. The apple juice gives a buoyance to the sherry, and the soda turns the whole into a spritzer. Use Dry cocktail sherry or fino sherry, usually contains many fewer calories than do the heavier cream and brown sherries.

Pour 2 ounces dry cocktail or fino sherry, 3 ounces unsweetened apple juice into a stemmed tulip wineglass. Add crushed ice cracked ice and a twist of lemon peel. Stir well and garnish the drink with a thin, unpeeled slice of apple. (Sherry, 75 calories; apple juice, 30; total, 105.)

Sake Icecap: The Japanese traditionally drink Sake warm in tiny, porcelain cups, but in recent years it's become fashionable to drink Sake on the rocks. It's a delightful style. Its piquant flavor is surprisingly refreshing and gentle in a tall, cold drink and blends well with green tea, which is known as "the white wine of tea" in Japan.

Fill a tall, thin glass (10 ounces) with crushed or cracked ice. Add 3 ounces Sake and fill with green tea that has been prepared with tea leaves, then cooled. Stir and garnish with a thin slice of lime. (Sake, 75; total, 75.) ■

Final warning

The biomechanics of running

put on their running shoes and started to race down the track. Waiting for a surprise: Podiatrist Dr. Richard O. Schuster,

a highly specialized laboratory in New York devoted to orthotics—i.e. the science of standing, walking, and running.

"The biomechanics of running is the engineering of running," Dr. Schuster explains. "If people have pain it is usually due to structural imbalance, and what we do in our work is to correct them with shoe inserts." Dr. Schuster points out that runners have special problems, particularly impact problems. "For instance, when you run, the force that occurs when your feet hit the ground is sometimes 2 to 3 times body weight. Because of the pounding process in running, if there is an abnormal motion in the foot, these extra forces will cause a problem."

The most common imbalance is developmental, meaning the soles of the feet tend not to be parallel to the ground, but instead the outer edge of the foot is lower than the medial (inner) part. As Dr. Schuster points out, before we're born we're wrapped up into a ball; much of our growing up involves straightening ourselves out of that little bundle. This means each time the foot strikes the ground during running, the ankle and arch drop medially. As a result the complaints most often heard from runners are ankle and arch pains. Carefully tailored arch supports can prevent the drop of the arch and excessive play on the ankle joint, often completely relieving such pains. Biomechanical imbalances can develop from even minor abnormalities of the structure of the feet and legs, which can lead to pain in any part of the leg, including knees and hips. Fortunately, some of these can now be corrected by suitable orthotics.

Looking at the amazing inserts Dr. Schuster makes in his laboratory, one might feel that to start running in regular sneakers is rather naive. But Dr. Schuster is reassuring. If one wants to run a mile 3 times a week, then biomechanical imbalances are not much of a concern. If you can perform your daily

1. They should have thick soles and thicker heels. The whole base of the shoe should be filled in. These shoes help reduce the possibility of Achilles tendinitis, and are available at most shoe or sporting-goods stores.
2. They should have a flexible site where the major joint is, under the ball of the foot, rather than under the arch where most shoes flex.

One other piece of advice from Dr. Schuster: Don't run when in pain. "A runner or jogger should work on the premise that pain is damaging." If you feel pain while running or afterwards, ■

More beauty in your life

producing stimuli," says Dr. Jaffe. "They are most frequently turned inward, with a marked decrease in their receptiveness to the outside world." A perceptive person is one whose perceptions are highly developed, and who therefore can enjoy [illegible] get from beauty comes from being able to absorb, take in, and transcend the world about us," Dr. Jaffe explains. "A [illegible] of that pleasure—and can trigger an experience of beauty in others."

In America today, people are becoming more sensitive to beauty. Education is better, TV has heightened our visual consciousness, there is more leisure time, the museums are full, roadside art is becoming commonplace. Designer Mary McFadden, whose fabrics and clothes are themselves works of art, believes that Americans are becoming better trained to imagine conceptually. "We are always urged to present new ideas, new looks, new colors, so we are constantly creating new forms," she says. "It is expected."

Women, in particular, are thought to respond to this esthetic need. Mary McFadden considers that women should be able to find pleasure in any environment, because they are greater adapters than men. And Dale Harris says: "The woman in America is the culture carrier. In California, where I was lecturing, I met a lot of women whose children had grown

More beauty in your life
continued from preceding page

up, who had completed their duties running a house, who seemed to have nothing else to do, but who were eager for cultural knowledge. Although cultural things may look as though they are of no importance, in fact they answer a terribly deep need in all of us for a reality that does not depend upon material evaluation."

Dr. Jaffe believes that this spiritual element is really the most profound quality of beauty. "Beautiful things expand your world, allow you to fantasize, to transcend your environment. They create a feeling for you that you do not have in everyday life. You are transported in some way, liberated, freed from the routine of existence."

Professor Harris agrees. "We all need activities that will give us a sense of relationship to qualities other than those we meet with in our ordinary daily life. The physical aspects of earning a living and so forth are only one part of life. There are also all sorts of imponderables that seem to become more and more important as you grow. You don't ever abandon the physical realm, unless you are a true ascetic, but its relative importance changes a great deal. That is why the sense of beauty, in my opinion, is of fundamental importance to every human being. George Balanchine, the great choreographer, said recently: 'Flowers are no more useful than ballet—but they are both a necessary part of life.' It all comes down to the same thing: We need something that gives us a range of feelings, ideas, and revelations that are not obtainable elsewhere."

George Bernard Shaw once said, "A good orchestra is every whit as important to a town as a good hospital." For our own sake, it is surely time to recognize and encourage this need. The deeper our experience is of beauty, the greater are the pleasures we shall find in life.

An exercise in perception

One of the founders of American psychology used to test his students by holding up to them a piece of chalk and asking them what it was. "Chalk," they all replied. "No," he said, "you are not describing your *perception* of this object, but its *function*. What do you really see? A slim, white, grainy-textured object—not 'chalk.' "

Dr. Jaffe explains that our perception tends to be determined by our knowledge of the function of the object. You look at a glass and see it as a container of fluid, rather than a transparent tubular shape with colors and shadows. She suggests this simple exercise in perception:

"Look at an object and try to describe what you see in terms of its shape, form, color, and depth, instead of what it does. You will start seeing things, everyday objects like teapots and ashtrays, as though you were seeing them for the first time. This is how artists see."

Dr. Harris adds an esthetic exercise to this experience:

"Try looking at the teapot or ashtray and asking, 'Is it the best possible form for doing the job?' Purely utilitarian objects are often beautiful simply because they adhere to the design that makes them work properly. This is really a starting point for an appreciation of beauty." ■

A song of praise
continued from page 94

They can model ground like I shave my face. I was working on a place in Belgium for a man who had a fantastic collection of trees, and I said I would like to make a pond. So one Sunday afternoon I walked around with a collection of sticks and pegged out the shape for this pond —in about 4 acres. I came back a month later and the pond had been made and 6 months later it was full of water. Now all the ducks and geese fly in—it's made a whole new thing.

"If you plant a tree carefully and well, and look after it for the first year, after that there's no maintenance. So I'm very happy in my advanced station not to have to think about herbaceous borders, or decide whether I like pink tulips rather than white tulips. Now I see trees and water and grass—these are the main materials I am using."

Mr. Page's art is closely related to painting and sculpture, both of which he knows well. "As a painter uses color, I use plants." He studied painting under Oskar Kokoschka, and still occasionally picks up a brush. "Painting is a wonderfully disintoxicating process. But it takes time. And the process interests me more than the results. The practice of incessant drawing helps one to express oneself rapidly and comprehensibly on paper. It is invaluable when one is trying to explain an idea to a client, or a piece of construction to a workman." Sculpture, too, is part of his business. "I'm sculpting in things that grow, so they change their shape and volume, just as I'm painting in colors that change with the changing light of the day or the seasons. A gardener is using all these art media and transposing them into another art which moves—in time."

Mr. Page tells the story of a visit to Henry Moore, when the sculptor was working away with "a couple of toothpicks on something he was holding in his hand. As I was looking at this minute artifact inspired, he told me, by an elephant skull given him by Julian Huxley, he said, 'Don't you think it would make a very good opera house?' "

Painting, sculpture, and also music make up something of the gardener's art. "I have always tried to shape each garden as a harmony," Mr. Page says, "linking people to nature, house to landscape, the plant to its soil." And the most important creative element in this concept? *"Don't start with ideas about gardens—start with the place.* It will tell you what to do. It tells you what is there. You just have to dig it out and find it. This is where I start, always."

One of the questions most often asked Russell Page is, what is *his* garden like? Well, the answer is, he does not have a garden. Now a widower, he has moved 8 times in the last 12 years, "so nothing has had time to grow. All the gardens I have worked on are really my gardens." Another surprise, perhaps, is that he prefers to live in London rather than the country. "I like people; I think I would be bored very easily in a country cottage in the Cotswolds."

Although domestic life seems to evade him, Mr. Page likes to cook when he has the chance. "Haven't you found that most people who like painting like cooking?" He also collects Islamic metalwork and Bokharan embroideries. "The embroideries are beautiful, done on narrow strips of linen, handstitched. The colors of the ones before about 1850 are fantastic, because they were all done with vegetable dyes. After that, with aniline dyes, the colors were no longer the same." But his major pastime, evidently, is plants. "I like learning about plants, and I have friends who have great collections of plants. I spend time with them and learn more about my materials. Where they come from, how they grow, what they need. There's a sort of snobbism with gardeners about plant names and so forth; one has lovely conversations going around the garden, each one capping the other. It's a sort of ritual game which never ceases to amuse me. I've done it all my life."

He is rarely bored. Traveling from Caracas to St. Louis and from New York to the south of Spain, he continues to learn about plants. "When I was in Venezuela 2 years ago I met an orchid expert who asked, 'Do you want to see the smallest orchid so far discovered in the world?' And he put something that looked like a bit of cigarette ash in my hand. It was a tiny bit of lichen, 3 millimeters perhaps —a little fleck of dust. And then he put it under a microscope and there it was, a great orchid full of scarlet and yellow and glistening leaves. One gets such magic moments in one's life. Life can be very rich without looking very far."

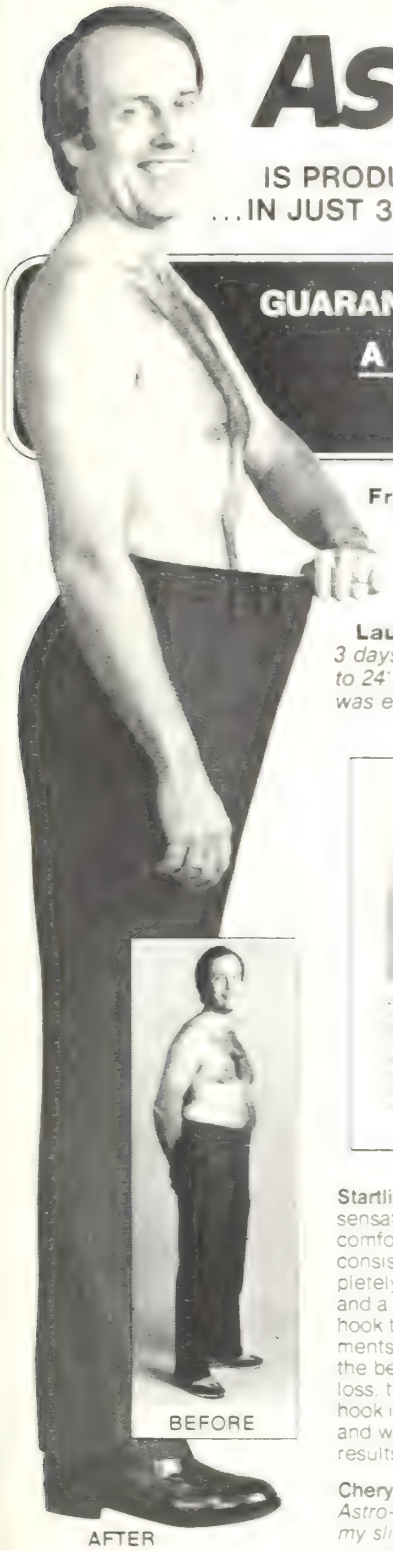
What Russell Page thinks about now, after a lifetime's work with gardens, is the *impact* of a garden. "If I look at a Vermeer or a Brueghel, Constable, or Cézanne, I feel a certain impact. And I want my garden to have an impact on the people who see them. *But they must not have 'personality.'* What I mean is this: Let's take something I'm interested in at the

Continued on page 146

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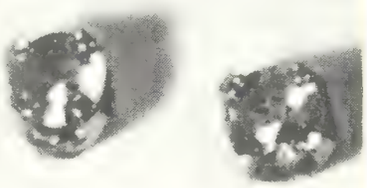
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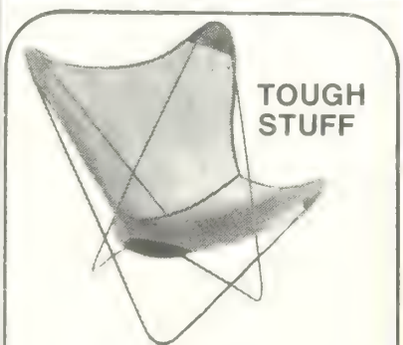


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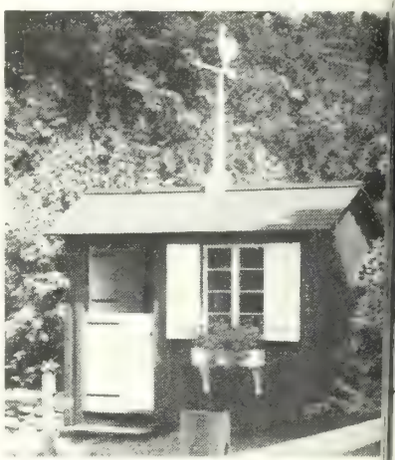
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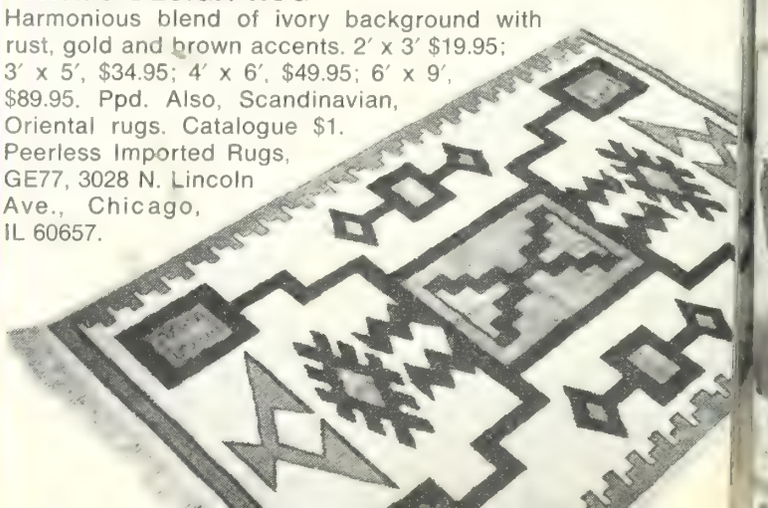
CHAIR IN A BAG

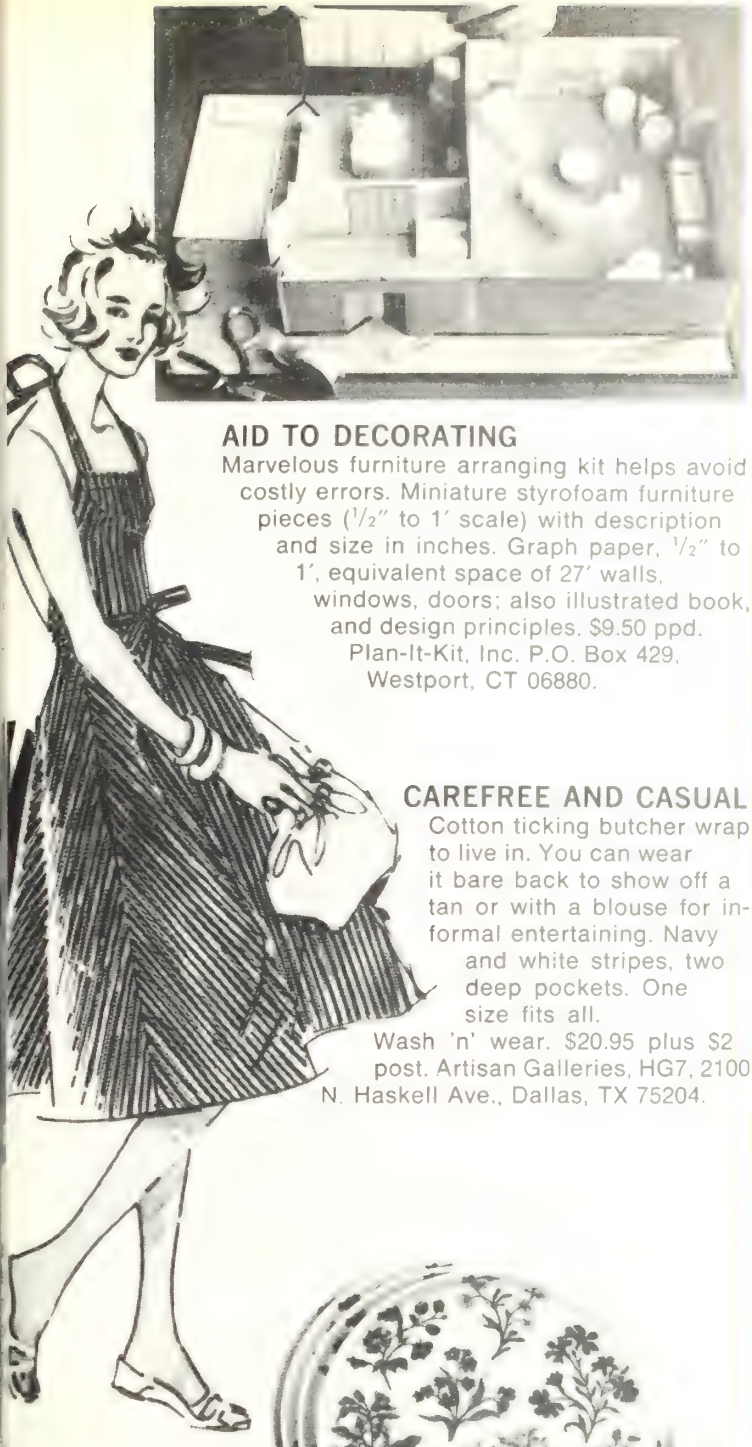
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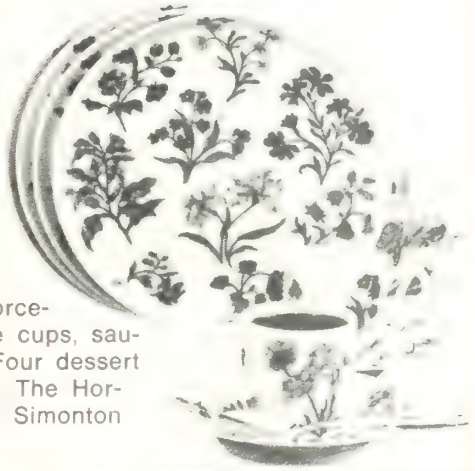


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ful "Herbier" pattern, s of greens, reds, yel- blues on fine white porce- Set of four demi-tasse cups, sau- $50 plus $2.60 post. Four dessert , $40 plus $2.20 post. The Hor- Collection, HG7, 4435 Simonton allas TX 75240.



YOUR WINDOW IS A GARDEN

"Living Curtain"™ by Plantrac, designed for standard windows. Three feet ceiling mounted track, sliding swivel hooks, 5 ni-chrome tiering rings, 3 tiering hooks, handsome vinyl wood grain shelf. $34.95 plus $2.50 post. Catalogue 25¢. Tara Eden, Inc. HG7, Box 17, Roslyn, NY 11576.

Shining Team -- Mylar Placemat and Lucite Flatware!



The exciting contemporary look of clear Lucite flatware teamed with shining Mylar placemats! Squared-off Lucite handles on fine non-tarnish stainless steel, beautifully crafted, richly polished. 6 pc. setting—serrated knife, fork, salad fork, soup spoon, two teaspoons. Fold-over storage case with 6 separate compartments. The placemat is space-age chrome polyester Mylar —silver-shiny, super-tough, wipes clean. Protective flannel backing.

3300 Lucite Flatware . . . . . **1 Setting $10.98, 4 Settings $39.98**
9250 Mylar Placemat, 17¼x12" oval . **Each $2.50, 4 for $8.98**

Add $1.00 postage & handling, NY residents add taxes

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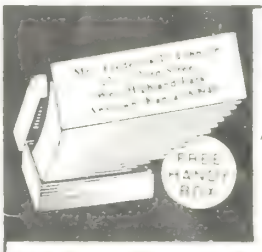


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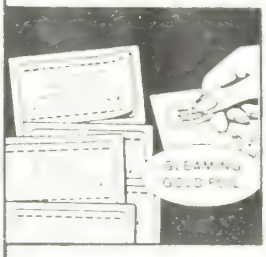
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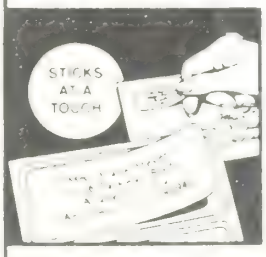
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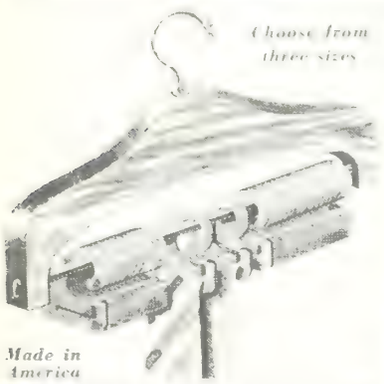
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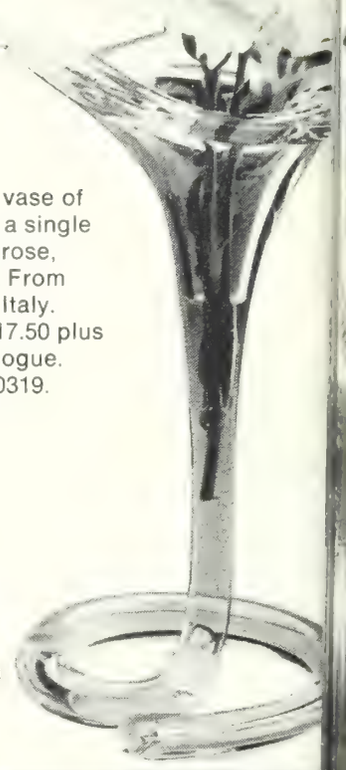
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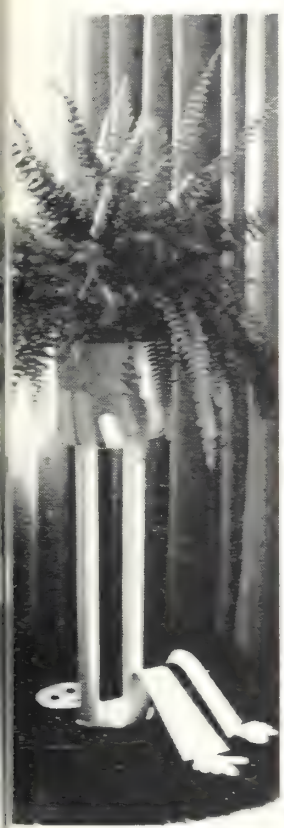
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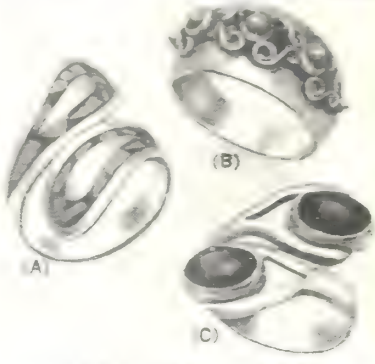
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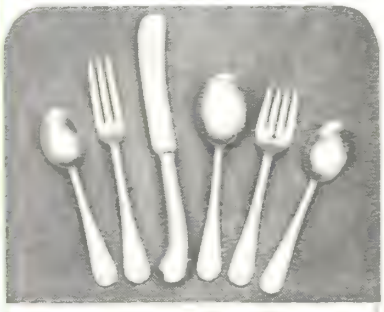
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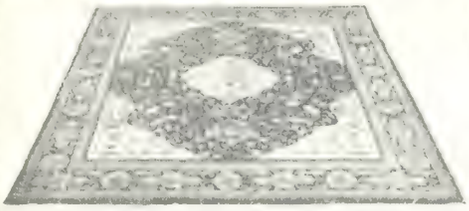
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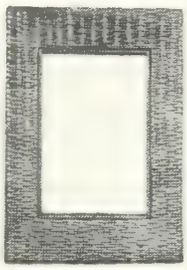
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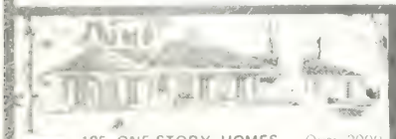
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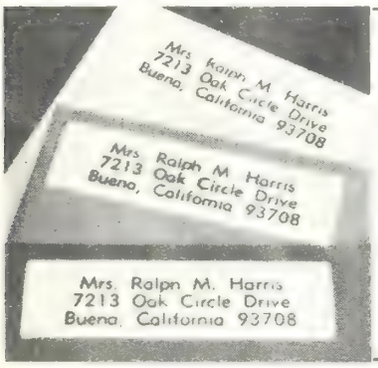
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Lord Help Me To Remember

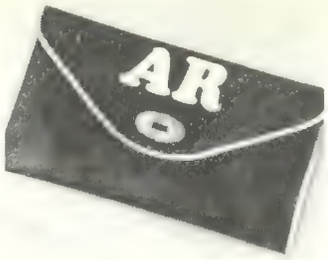
Lord help me to remember that nothing is going to happen to me today that you and I together can't handle.

Help me to remember that nothing is going to happen to me today that you and I together can't handle. Inspirational, and lovely words on a 8" x 6" wooden plaque. Artfull full color English garden scroll border, enhances the quiet serene message. Laminated for permanence, ready to hang on a favorite wall at home or office. Ideal hostess gift.

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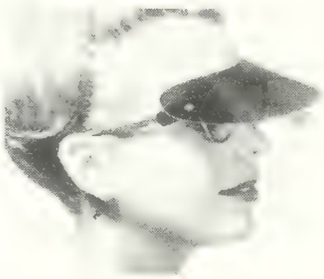
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COMMEMORATING IDEA



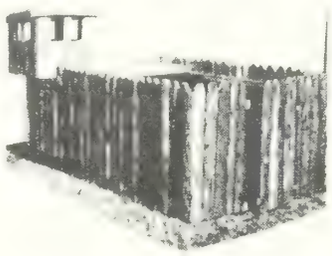
Glimmering rainbow-glass decanters commemorating U.S. Marine Corp. Hand-made limited editions, 8" H. Marine Corp in amber color. Also U.S. Navy commemorative in navy blue. Cork stoppers. Numbered, registration card. Each, $10 ppd. Holly City Bottle, HG-7, Box 344HJ, Millville, NJ 08332.

SPORTS IN THE SUN



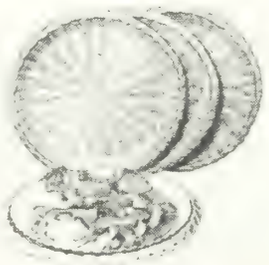
Adjustable green plastic visor permits sports enthusiasts who must wear glasses to see everything clearly no matter how bright the sun. Visor eliminates glare and is easy on the eyes. $2.98 plus 35¢ post. Anthony Enterprises, HG7, 556 Mission St., San Francisco, CA 94105.

ALL-WEATHER FUN FORT



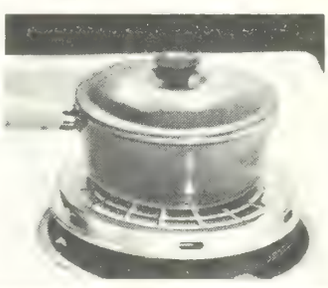
Sturdy real Cedar Wood fort, that will last for generations—used outdoors. It's a *big* 5' by 6' by 5' with swinging gate, firing platform, blockhouse and ladder. Can be assembled in minutes. Also an ideal tree house. $68.95 F.O.B. Camden, NJ. Cedar Products, HG7, Box 84, No. Baldwin, NY 11510.

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Attractive paper-plate holders of natural woven rattan put an end to floppy, hard-to-handle plates. The braided edge gives firm support to standard paper plates. 12 for $5.95 plus $1 post. Catalogue 25¢. Write to Fran's Basket House, HG7, Route 10, Succasunna, NJ 07876.

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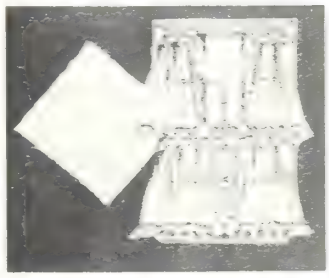
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Handy dispenser drum holds 150 feet of paper covered wire ties. Non-curling with handy cutter so you can clip off length needed for plastic and freezer bags, tying-up garden plants, mothproofing in bags plus other uses, 3¾". $2.79 ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54906.



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home with these designer-approved ceramic lamps – styled and produced with fine crafts-manship. Sand pebble finish is soft white and comes with pleated shade in oyster vinyl or brown kraft. Brass and chrome lamps have a metallic finish applied to a glazed ceramic base and have pleated vinyl shades. Both available in 21" and 28" heights. Specify style number and color.

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		=3331	=3531 $51.50

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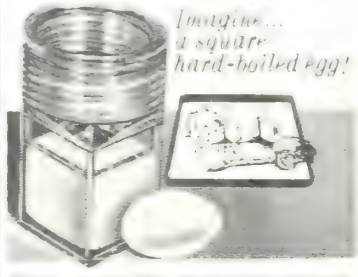
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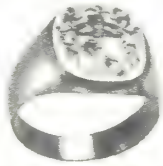


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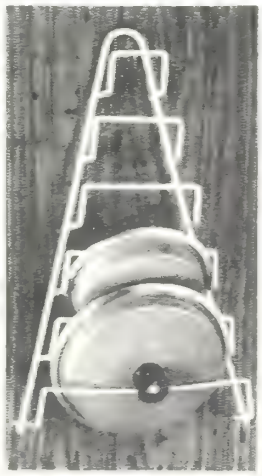
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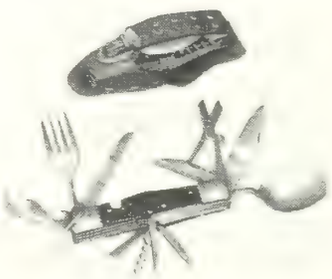
SHADY LADY

Natural seagrass hat keeps the sun off delicate hair and frames the face to perfection. Textured jute band and gay feather add a touch of fun. Goes from beach to spectator sports to garden party. $5.98 plus 75¢ post. Lillian Vernon, G7E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



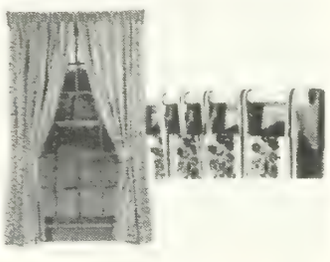
BERIBBONED ACCENTS

Decorative woven ribbon pillows are bright touches on sofas, armchairs, beds. 12" by 12" with color coordinated solid velvet backs. Browns, avocado/gold, pinks, blues, rust tones. Washable. $18 each plus $1.75 postage. Ribbon Regalia, HG7, Box 1999, Grand Central Sta., NY 10017.



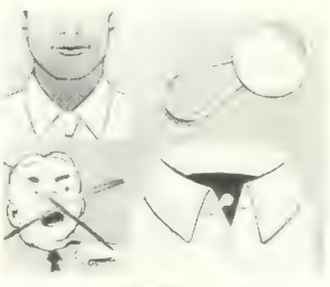
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Swiss army-type knife has 11 parts that fold into or around the 4¾" staghorn handle. Includes blades, spoon, fork, bottle opener. Campers, sportsmen, fishermen prize it. Leather belt holster. $5.50 plus $1 post. Two, 11.95 ppd. Write to The Writewell Co., 880 Transit Bldg., Boston, MA 02115.



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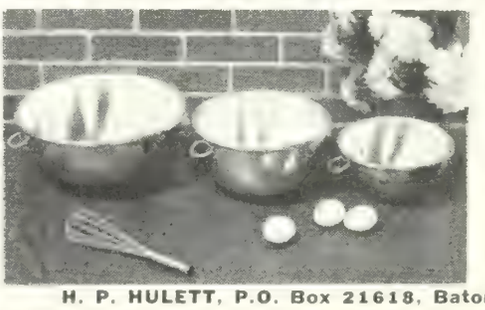
Today, as in colonial times, tab curtains add charm and grace. Waverly Meissen stripe, red, blue, green or gold. 80" w. per pr. 45" l. $32; 54" l. $35; 63" l. $39; 72" l. $42; 84", $49. Add $2 post. per order. Catalogue free. Swatches, $3. Constance Carol, HG7, Box 899, Plymouth, MA 02360.



COLLAR OPEN SESAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 20¢ post. Anthony Enterprises, HG7, 556 Mission St., San Francisco, CA 94105.

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NOW CARLSON WADE SAYS—

ENZYMES MELT FAT RIGHT OUT OF YOUR BODY!

For quick, permanent weight loss while you continue eating most of your favorite foods!

Yes, we want to tell you about a thrilling quick weight-loss discovery that may solve every one of your weight problems permanently – and let you shed pound after pound almost overnight, while still eating most of your favorite foods!

It's the amazing discovery of Enzyme Foods! According to noted health writer, Carlson Wade, enzymes—powerful elements present in certain foods—can melt fat right out of your body. Just one Enzyme Food may be all you need for fast, permanent weight loss. *Just eating one food before you eat a fattening meal* may be all you need to do to shed pound after pound of unwanted flab!

And there are scores of Enzyme Foods to choose from! The more of them you eat, naturally, the faster your weight loss—but you don't have to sacrifice anything! You can go ahead and eat the foods you love that have been piling on extra pounds—with one simple difference! Be sure to eat an Enzyme Food first, and you may be sure that excess weight will start slipping away, says Wade!

How Do Enzyme Foods Accomplish This? Says Wade—

- First, Enzyme Foods *form a barrier* against invasion of pound-causing fats, carbohydrates and calories!
- Next, Enzyme Foods create a *penetrating action to break up, dissolve, and melt away* hard clumps of fat and accumulated masses already in your body, wash them right out, with lightning swift action!
- Enzyme Foods *burn up extra calories, attack waste materials* in the system, *release excess fluids*, stimulate the *glands, dissolve* cholesterol, triglycerides, and other fatty substances, *draw out calories like a magnet*, even while you sleep, speed up your metabolism (the rate at which calories are burned) to give you the physique of a naturally skinny person, the type who can eat all he wants, and never gain an ounce!

SECRET REVEALED!

And what are Enzyme Foods? We can only reveal that they are ordinary foods all available at your corner grocery or health food store, at little or no cost! Be sure to eat one *before* you eat a luscious, fattening food—*and you can still keep slim*, says Wade. You'll find full details in his amazing book: THE NEW ENZYME CATALYST DIET: *Amazing Way to Quick, Permanent Weight-Loss.*

Here's a tempting preview of what you'll find:

You'll discover *Superactive Enzyme Foods* to eat before eating any high fat food such as fried foods or gravies . . . *Active Enzyme Foods* to eat before eating any high carbohydrate foods like spaghetti, macaroni, puddings, beans, noodles or pancakes! *Gentle Enzyme Foods* to eat before any high calorie food such as desserts, breads, cereals or sugar!

High Enzyme Foods are particularly strong in penetrating thick fat cells, says Wade! When you eat one, the Enzymes it contains actually enter the fat cells and melt down the accumulated fats, carbohydrates and calories, and literally burn them right out of your body, says Wade!

HIGH ENZYME DIET FOR FAST WEIGHT-LOSS OF AS MUCH AS 2 POUNDS PER DAY!

Moments after you eat an Enzyme Food, you send a shower of fat-melting Enzymes throughout your body. These Enzymes gather together to wait for food that is to be eaten. *When you eat a delicious fattening food*, the Enzymes instantly "seize" fats, carbohydrates and calories and "work them over" so they are catalyzed!

Enzymes work speedily to burn calories rather than letting them become stored! *And they break down accumulated fat all over the body!* Release excess fluids, slimming down your waist, abdomen, thighs, legs, arms and neck to actually melt fat right out of your body, as much as 2 pounds per day!

All this can happen almost overnight, says Wade! You'll be proud when you see budges around your middle (and elsewhere) start to disappear as your weight melts down! But more important, you can lose 10-20-40 pounds *while you continue to indulge in your favorite foods!* You can enjoy stews, goulash dishes, casseroles, French toast, desserts, snacks, nibbles, delicious goodies, popsicles, peanuts! Every day your diet can include bread, rolls, cereals, and much more!

WORKS SPEEDILY TO MELT AWAY POUNDS!

Go ahead and eat the foods you love, says Wade! But be sure to eat an Enzyme Food first! It actually melts the fat right out of your body, he says!

With Enzymes, this can be *permanent!* No more up-and-down gaining and losing! No longer need you suffer agonizing self-denial, fatigue or hunger pangs! No longer need you fight the urge to eat! You can forget about will power, says Wade! Go ahead and eat!

You will always feel delightfully satisfied, and still lose weight! Go ahead and eat the foods you love when dining out, at parties or on vacations—but eat an Enzyme Food first—and you can still keep your slender shape! Enzyme Foods are available on almost any menu or at any social gathering, and in effect, make it possible for you to eat your cake and have it, too!

PRAISED BY A MEDICAL DOCTOR!

The Foreword by a Doctor of Medicine states: "For the first time, an incredibly quick and foolproof way to take off all the overweight you want, permanently! Here is a major new discovery . . . actually melts the fat right out of your body almost overnight!"

"You go right on eating," says this doctor, "and enjoying most of your favorite foods and still lose overweight. Yes, even if other methods have failed . . . you no longer need to suffer hunger pains.



No complicated formulas to follow. No special foods to prepare. No counting calories or carbohydrates with every meal . . . no drugs . . . pills . . . exercises!"

"Even the most stubborn cases of overweight respond to this miracle diet plan. . . . It has succeeded where nearly all other strenuous, torturous and unhealthy diets have failed. . . . It is highly recommended!"

ADDED BONUS FEATURE: Diet-O-Matic Index!

As a special feature, for the first time anywhere, you'll discover a Diet-O-Matic Index that tells you the specific Enzyme Foods for any special problem you may have in dieting, like flabby skin, wrinkles, stubborn flab around waist, hips, thighs, buttocks, arms, neck, "runaway glands", or constipation!

In case after case, you'll see how overweight folks with seemingly hopeless problems shed "mountainous" pounds of ugly fat quickly, easily, permanently, while dining regally on their favorite, delicious, lip-smacking good foods, using little-known, newly-discovered weight melting enzyme!

EAT YOUR CAKE AND HAVE IT!

Suppose you want to concentrate on High Enzyme Foods for fast weight loss, as Freda R. did when she decided to lose 60 pounds in 4 weeks (a little over 2 pounds per day)! You can stay on High Enzyme Foods exclusively without boredom! Freda R. went from 180 down to 120 in a month! Enzyme Foods require no fuss, no muss or bother – it's no-cook cooking all the way! You'll discover an endless variety of eat-all-you-want taste thrills galore! And you can stay on your Enzyme Diet as little as 1 or 2 days a week, and still lose weight, says Wade!

You owe it to yourself to try it! Read it from cover to cover . . . *without risking a single penny.* Why not send in the No-Risk Coupon—TODAY!

ABOUT THE AUTHOR



CARLSON WADE is a medical writer, researcher with a world wide reputation. He is the Editor of the *Parker Natural Health Bulletin*, Medical Editor of *Pageant Magazine*, and a member of the American Medical Writers Association. The author of 13 previous books for Parker, he has written highly acclaimed articles for the leading publications in the field of health, medicine, nutrition and natural healing, and is listed in *Who's Who In The East.*

YOU, TOO, CAN SHED THOSE "IMPOSSIBLE" POUNDS NOT ONLY FAST, BUT PERMANENTLY WITH POWERFUL WEIGHT-MELTING ENZYME FOODS, says Wade!

Available everywhere, they are your key to a forever-slim shape, he says, no matter how difficult your weight problem may appear to be!

- **HOW A FOOD LOVER COULD FILL UP...BUT NOT FATTEN UP...WITH ENZYMES!**—*Daniel R.* loved good food. He had tried other reducing methods, but *he wanted to eat and lose.* With Enzyme Foods, he was able to eat anything he wanted, fried foods, gravies, spaghetti, macaroni, puddings, beans, noodles, pancakes, bread, cereals, sugar, candy—simply by eating an Enzyme Food first! It was the natural way for him to enjoy good food and keep slim. He soon lost close to 47 pounds! Now his waist was lean, he looked good, and felt great!
- **ENZYMES ATTACK "SPARE TIRE"!**—*Jenny S.* said whatever she ate turned to fat. She had thick arms, a heavy, sagging chin, drooping breasts, a thick "spare tire" around her middle, and unsightly clumps of thighs. Even her calves were heavy. She'd lose and gain on other diets. With this amazing secret Enzymes attacked the fat in her body—squeezed it right out – in effect. She just ate delicious Enzyme Foods. Soon, she lost 58 pounds, permanently!
- **STUBBORN WEIGHT PROBLEM GONE**—*Barbara U.* kept losing and gaining weight. She had to practically starve herself to lose weight. She wanted a method that would let her enjoy sweets but without calorie buildup. So she tried eating a simple Enzyme Food *before* eating any high-calorie food, and afterward, too! *Enzymes burned up these calories!* Result: 40 pounds lost for good!
- **TWO ENZYME FOODS GIVE A NATURAL FACE LIFT AND DRAIN AWAY POUNDS!**—*Harriet DeB.* had tried one diet after another. While many left her weak, she did lose weight . . . but her youthful skin was "lost," too. With deep wrinkles, a sagging throat, hollow cheeks, her skin was suffering from malnutrition. Harriet was faced with a choice of either looking old and slim, or having a youthful skin while being overweight. With this amazing secret, she added two foods to her breakfast. This combination acted as a "natural face lift". She soon shed some 58 unwanted pounds, looking youthful, with no sagging skin!
- **THE EVERYDAY ENZYME FOOD THAT MELTED AWAY 97 POUNDS!**—*Joan G.* loved to eat fatty foods. She always said she was "born fat." She tipped the scales at 244! How could she continue eating her favorite foods and slim down? She was told about the pound-melting power of an everyday Enzyme Food. It acted as a blotter, soaking up excess pounds for excretion! Before any meal, Joan ate this Enzyme Food. Results? In a short time, she had melted away 97 pounds. She continued eating her favorite foods. Soon she was down to a slim 138. Her waist was slim, her backside was slim. She moved like a youngster, with a lovely silhouette figure!
- **ENZYME FOODS STIMULATE THYROID FOR FAST EASY LOSS OF 74 POUNDS!**—*Shirley McB.* weighed 202 pounds! She felt cold, weak, pale. Her once lovely blond hair became dry and brittle. She had very low metabolism and a "sleepy" thyroid gland. Other methods had made her feel weak, and she kept putting on weight. With this simple method, she drank an Enzyme juice mix three times daily—and began to melt pound after pound. She felt warm, energetic, with a "peaches and cream" complexion, and her hair gleamed! When she slimmed to a neat 128, she felt alive with the joy of youth!
- **ENZYMES SOLVE "BIG BONE" PROBLEM!**—*Miriam O'H.* came from a family with big bone structures. All were tall. Even if she went on a diet, she still had that "heavy, corpulent" look. Her thighs were plump, her arms were heavy, she was developing an unsightly double chin. With Enzyme Foods, the heavy fat was melted away. She had a wide frame, but it had curves and it was youthful. She shed some 49 pounds, fast and permanently!

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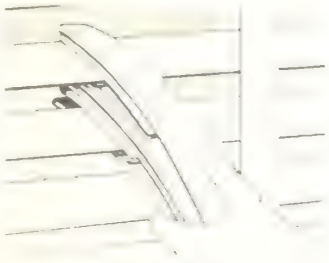


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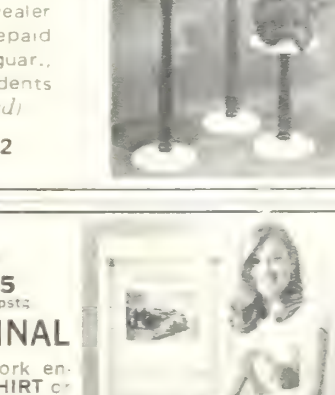


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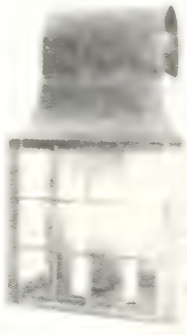
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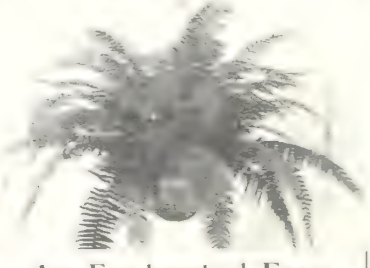
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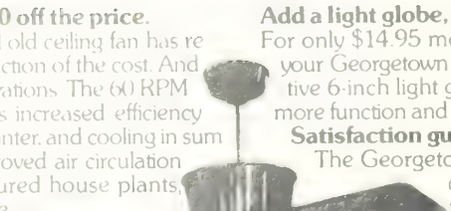
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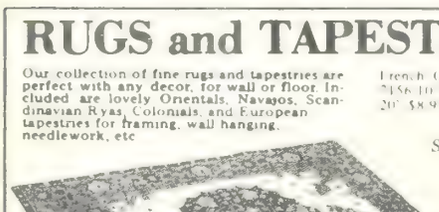
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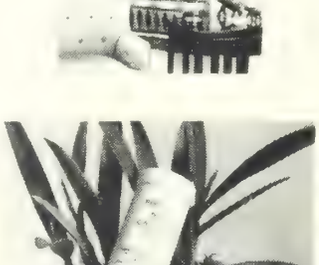
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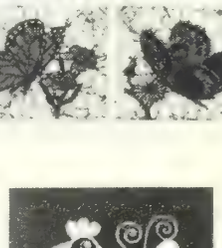
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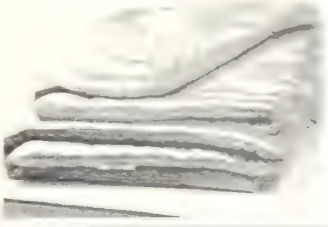
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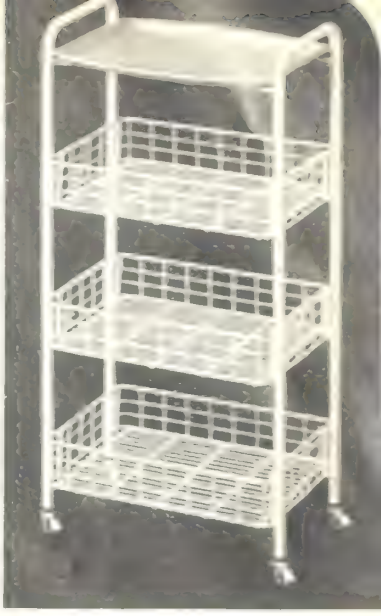


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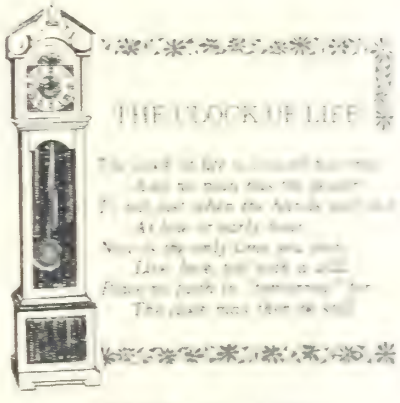
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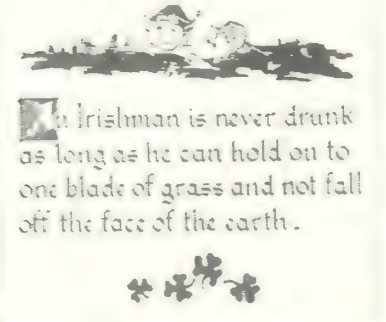
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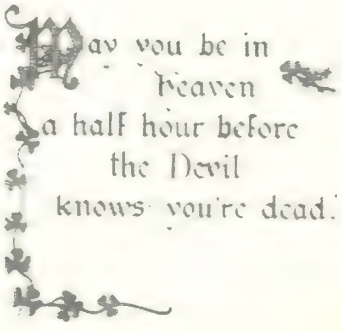
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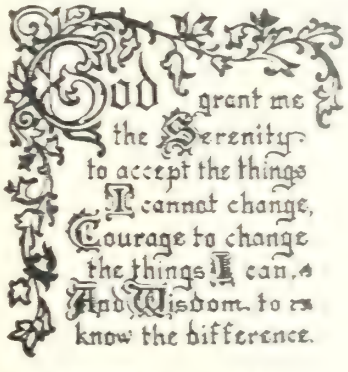
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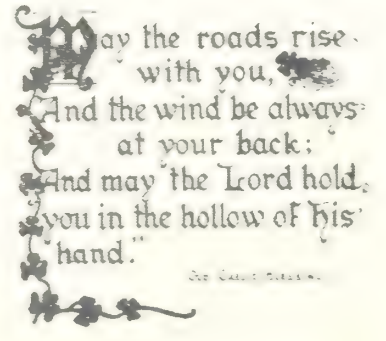
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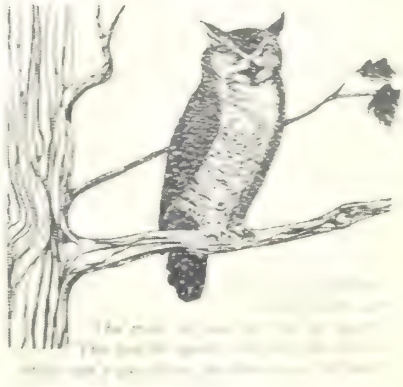
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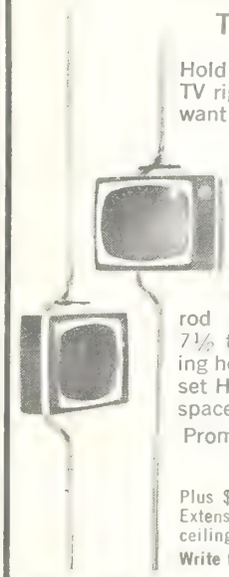
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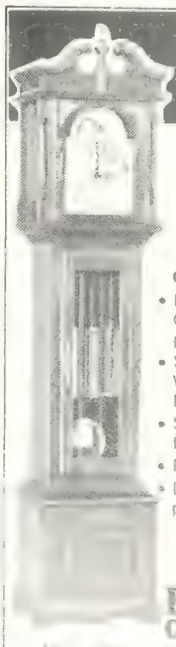


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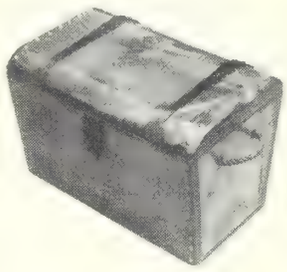
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Genuine cowhide leather straps and trim on a roomy bag of rugged canvas. A two-way bag—shoulder straps snap off; tote by double handles. Zip top; inside pocket. Luggage tan on black; 13" by 5" by 9". $16.98; plus $1.40 post. Lillian Vernon, G7E, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



FEET TREAT

Airy imports from south of the border. Hand-woven huaraches of supple genuine steerhide leather in popular natural color. Long-wearing soles and heels. A favorite for cool comfort. 5-10. $8.90 plus $1.50 post. Old Pueblo Traders, 600 So. Country Club, H7F, Tucson, AZ 85716.



COLONIAL SEA CHEST

Faithful reproduction of 200 year old sea chest reminiscent of stage coach days, tall ships. Handmade of durable ¾" pine, rope handles, antiqued hinges and hasp. 12" by 12" by 18", use as toy, tool, lock or storage box. $24.50 plus $2.50 post. Daniel L. Hadley, HG7, Box 1456, Wilmington, DE 19899.



ELEVATING CHAIR

Seat and arms elevate, help you all the way to standing position. Adjustable seat height, posture-support back adjusts height and angle. Ask about Medicare coverage and free home trial. Varied styles, colors. Color catalogue/price list free. Burke, Inc., HG7, Box 1064, Mission, KS 66202.



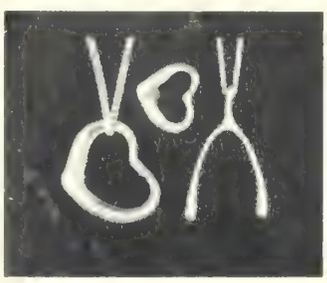
LOVELY HANDS

Pretty garden gloves with extra long cuffs to protect hands and forearms. Red rose design, green thumb and palms. Washable, water repellent, soft cotton lining. One size fits all. $2.98 pr. plus 75¢ post. Gift catalogue, 50¢. Hilltop House, HG-77, 564 Limekiln Pike, Chalfont, PA 18914.



ONE HUNDRED DOLLS

Great array, 100 unbreakable little dolls representing countries around the world. Includes cowboy, clown, bride, dancer, baby. In beautiful ivory plastic (may be painted). Make delightful playmates for children. All for $2.50 plus 50¢ post. 100 Dolls, HG7, 160 Amherst St., East Orange, NJ 07019.



LOVE AND LUCK

Sculptured hearts, a delicate wishbone to wear on neck chain. Small heart, ½" dia., in 14K gold with 15" chain, $28.25; sterling, $14.25; large ⅞" heart, 14K, $47; sterling, $18. 14K gold wishbone, 1⅛" L, $26.50; sterling, $11.50. Ppd. H & R Enterprises, Dept. H1, Box 3847, Downey, CA 90242.

PLANT COMMUNICATOR



Just place prods into root soil. Plant's varying sounds tell you when it's hungry, overfed, underwatered, or in just-right condition. Only one communicator needed for all plants. Free battery. Instructions. $9.95 plus $1.25 post. Honor House Products Corp., Dept. 177PC65, Lynbrook, NY 11563.

CULINARY AIDS



Superb 112-page catalogue devoted to all kinds of finest cookware, kitchenware, hard-to-find utensils, gourmet food, household accessories and other gift ideas. Catalogue is 25¢. Colonial Garden Kitchens, Dept. HGGC, 270 W. Merrick Rd., Valley Stream, NY 11582.

SET FOR PLAY



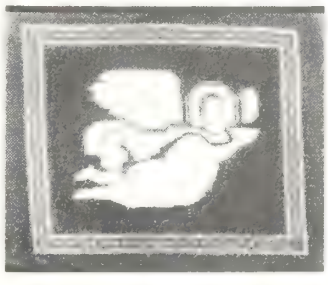
Flavor of Orient gives unique look to game table, complementing chairs. Table top in primavera veneer; maple band, 27" h., 42" dia., $159.95. Chairs, 30" h., 24" w., 24" d., $119.95 ea. Shpg. extra. Catalogue, $1. Bryan Robeson, Dept. HG-190, Rte. 10, Box 793, Hickory, NC 28601.

FLIGHTS OF RUFFLES



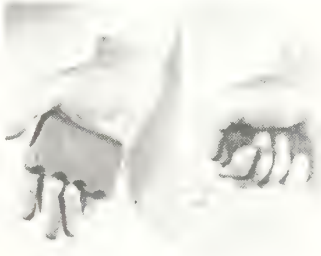
Polyester lace curtains with tiebacks and attached valance. "Elizabeth" available in white or eggshell. 86" wide. 45", $12 a pr.; 54", $13.50; 63", $15; 72" $16.50; 81", $18. White or eggshell. Add $2 post. per order. Free catalogue. Curtain Corner, HG7, Paradise Green, Stratford, CT 06497.

LOVE TO NEEDLEPOINT



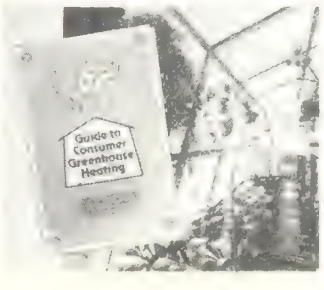
The God of Love is design adapted from a 7th century Egyptian tapestry-masterpiece. Rich blues and greens on brown handpainted 13" by 15" canvas, $35; plus $1 post. Catalogue with designs, stitch tips. $1. Jane Whitmire, HG-7, 2353 S. Meade St. Arlington, VA 22202.

MUSCLE TONER



Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $2.98 plus 40¢ postage. Anthony Enterprises, HG7, 556 Mission St., San Francisco, CA 94105.

HEATING GUIDE



Want to know how to determine the heating cost of a greenhouse? Invaluable, scientific formula is set forth in heating guide with information on a unique solar-panel, double-wall greenhouse. 50¢. From Vegetable Factory, Inc. HGE7, Box 2235, Grand Central Station, NY 10017.

WICKER WONDERLAND

America's Largest Collection of Furniture directly imported on to you



WICKER WALL LAMP

$13.95 plus $1.00 postage

Handwoven of natural reed rattan cane. Completely wired with 12" dia. x 7" high Sun pended from a wall bracket with 6 ft. rattan chain. Painted in white, yellow, green, pink, blue, orange or black add $1

SEND 25¢ FOR 72 PAGE CATALOG



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Bamboo roll up shades in natural Matchstick or Tortoise shell (burned ½" wide Bamboo slats). Perennially popular; handmade in Taiwan with heavy duty cord locking device.

Sizes	Match-stick	Tortoise
36"x72"	$ 4.50	$
42"x72"	5.50	11.5
48"x72"	9.50	13.50
72"x72"	11.50	16.50
84"x72"	16.50	23.50

Add $1.00 postage per shade



NEW DECORATOR AREA RUGS

From China, durable intricately handwoven of natural maize and rush in butterfly pattern.

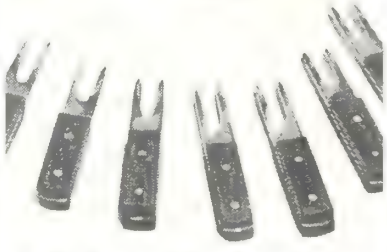
4 ft. $22.95 plus $2.00 postage
6 ft. $37.95 plus $4.00 postage
9 ft. $79.95 plus $6.00 postage

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Fran's BASKET HOUSE

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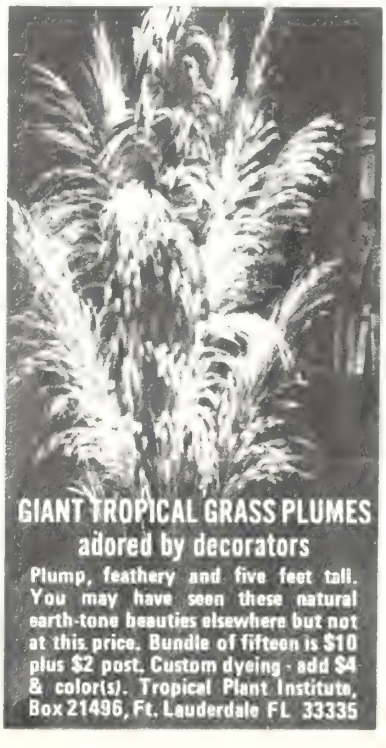
CORN PIC-UPS

Rosewood handled stainless steel finger protectors do the job handsomely—nice for hors d'oeuvres too. Now at the unbelievable price of only **$1.98** + 35¢ postage for a box of 8. Save even more with 2 boxes (16) for **$3.50** + 70¢ post. & hadl.

Pa. res. add 6% • *Sorry no COD's*

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adored by decorators

Plump, feathery and five feet tall. You may have seen these natural earth-tone beauties elsewhere but not at this price. Bundle of fifteen is $10 plus $2 post. Custom dyeing - add $4 & color(s). Tropical Plant Institute, Box 21496, Ft. Lauderdale FL 33335



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Shipped directly to your home from the Florida Keys.

The **Chambered Nautilus,** one of the most delicately beautiful treasures in all of nature. This fascinating shell, found at depths of over 1,000 feet, will add elegance and grace to any decor. Approximately 7" in diameter, it comes complete with a sculptured lucite base for only **$12.95,** including shipping anywhere in the continental U.S. Be certain to also ask for our free color shell brochure and price list.

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Post Office Box 427
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Embroidered Eyelet
No-Iron

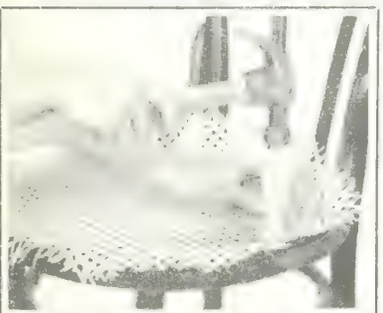
3" tailored embroidered eyelet border, mitered corners. 78" wide. White only. 65% polyester, 35% cotton. Washable, drip-dry.

24", 30", 36" long	**13.50** pr.
45", 54", 63" long	**18.50** pr.
72", 81", 90" long	**23.50** pr
Tiebacks	**3.00** pr
Valance 11" x 72"	**6.50** ea

Add $2.00 post. Please send check, money order, or use Master Charge or BankAmericard. N.Y. residents add tax. No C.O.D.'s. "Satisfaction unconditionally guaranteed."

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Dept. 27, Lawn Terrace,
Mamaroneck Village, N.Y. 10543

Send for Free Color Catalog

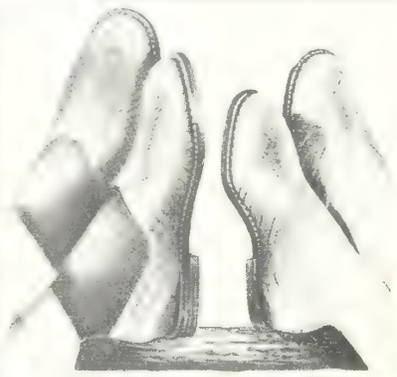


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KITS OF PRE-WOVEN CANE

Save money—do it yourself—with natural cane for grooved chair seats, screens, stereo speakers, door panels, headboards, lampshades, room dividers. Decorative cane kits include easy instructions and necessary materials. Cane in 3 sizes: **12"x12" $8.00; 18"x18" $11.50; 24"x24" $16.75;** ppd. (Cal. residents add 6% tax). State size, and send check/m.o. to:

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$11.95 Pr.
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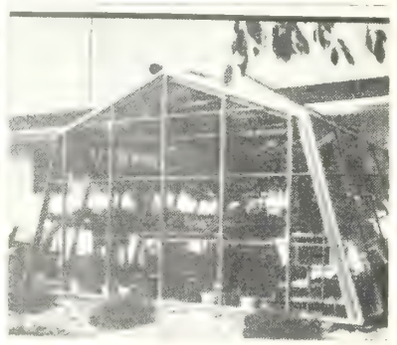
GROUCHO in Needlepoint

Here's a nostalgic needlepoint caricature of the "Grand Master of Comedy" to be worked [illegible] and white. Kit includes [illegible] mono canvas, Persian wool yarn, needle and instructions. [illegible] Also available are Charlie Chaplin and Marilyn Monroe (both 8 x 8").

$7.95 [illegible]

Send 25c for 4 issue[illegible] Full Color Needlework Cat. [illegible]

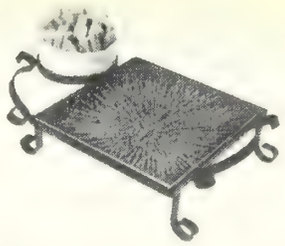
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Imported tile tray in lustrous earth tones and sunburst design. Expertly crafted: hand wrought iron curves gracefully around 8" tile and woven basket to hold crackers, nuts or wine bottle. $15.95 add $1 post. Write to Gifts from P.M., Dept. HGED-J, Box 48011, Los Angeles, CA 90048.



HANDCRAFTED WHIMSEY

Gray felt mice in a patchwork sleeping bag come in a bright orange or yellow cotton tent to beguile young and old and in-betweens, too! Mice are 7" long with unique facial expressions. $7 plus $1.25 post. Write to Annalee's Workshop, HG7, Box 446, Meredith, NH 03253.



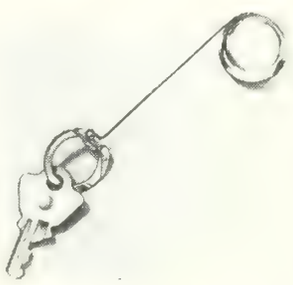
DOGS AT PLAY

Full color lithographs full of delight and humor are ready to frame and hang for the whole family. Pictured is "A friend in need." There are four other 12" by 16" poker playing dogs in set. $3; two sets, $5. Add 25¢ post. American Consumer, Dept. PO-231, Caroline Rd., Philadelphia, PA 19176.



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Great introductory offer. Have your Kodak film developed reasonably. Borderless jumbo prints guaranteed Roxanne quality. C-126 and C-110 Kodacolor, 12 exposures 99¢. 20 exposures, $2.50. Add 50¢ post. Roxanne Studios, Dept. FD-108, Box 1012, Long Island City, NY 11101.



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Sculptured 50-pc. stainless steel flatware; eight dinner forks, salad forks, soup spoons, knives; 16 teaspoons; butter spreader, sugar spoon. $49.95; plus $2 post. Sets of 4 iced-tea spoons or cocktail forks $2.95 set. China Barn, Inc., Tablesetter Div., HG-7, 1840 Central Pk. Ave., Yonkers, NY 10710.



HANDWOVEN WILLOW

Rocker for indoors or outdoors. 26" w. by 36" h.; seat h. 16". $64.95; painted white add $10. Seat/back polyfoam zip cushions: gold floral; solids in gold, black, apple green, red, tangerine, set $16.95. Exp. coll. Catalogue 25¢. Fran's Basket House, HG7, Route 10, Succasunna, NJ 07876.



HEIRLOOM QUALITY

Handsome wood and pewter chandelier in an early design compliments beam ceilings. Candle or electrified. Arms, also in brass or copper. 28½" w. One of many fine reproductions in 48 page catalogue of lighting. $1. Heritage Lanterns, HG77, Sea Meadow Lane, Yarmouth, ME 04096.



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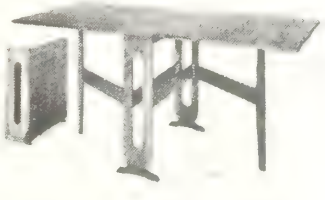
GREAT CONVENIENCE

Fingertip phone book fits palm of hand. 40 index cards hold 80 numbers, names, addresses. Fan out from 3" golden metal case, leatherette sides. Dial with the golden tip. Three initials in gold color. (print) $1.98 ppd. Walter Drake, HG17 Drake Bldg., Colorado Springs, CO 80940.



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Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $69.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG7, Box 204, Teaneck, NJ 07666.



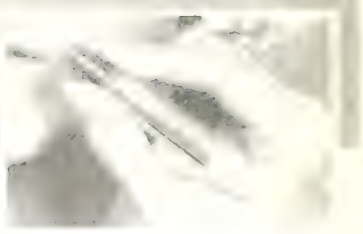
IN THE KNOW

How to upholster, and upholstering supplies direct. Available is book with step-by-step guide showing how to upholster, from frame to the finished furniture. Book $4.99 plus 50¢ post.; price list only 50¢. Warehouse Homes and Interiors, Dept. HG7, Box 247, Cortland, NY 13045.





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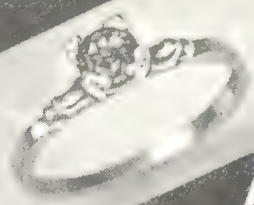
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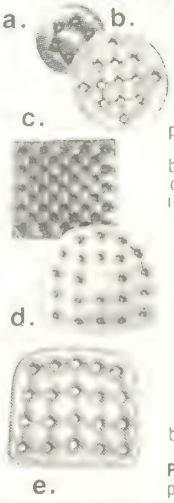
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OUTDOOR CUSHIONS

a. b. c. d. e.



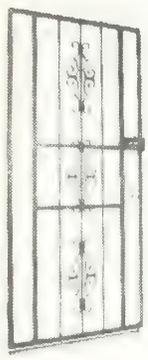
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Send check, BA, MC, DC or AX charge. Charge orders can call Toll Free (800) 227-1464 (Cal: 800 772-3909) catalog $1.; free with order

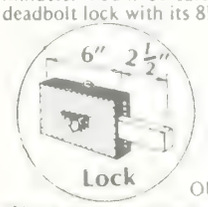
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FOR
MAXIMUM SECURITY

Can be used between your main door and screen or storm door for maximum security



Now any apartment resident—as well as homeowner can afford real security! Protect your home and family from break-ins with this positive locking, all steel constructed door which can be installed in just 30 minutes. You'll be safe on the other side of the big deadbolt lock with its 8½" shaft and 2½" throw.



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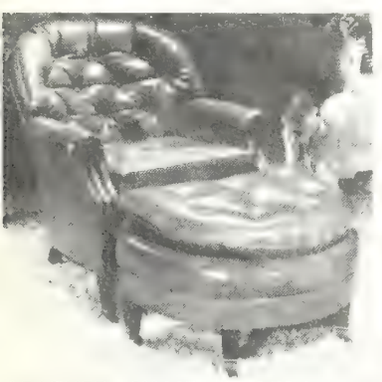
Hunter ceiling fans fit any decor. All fans have 2-speed motors and are UL approved. Five-year warr.

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36"-Metal Blades	$149.95	$164.95
36"-Wooden Blades	169.95	184.95
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Add $12. Shipping per fan.

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LEATHER CHAIR & OTTOMAN

The elegance of leather, the excellence of supurb craftsmanship! Solid Brass nail head trim. Available in over 30 colors of Premium Top Grain Leather.

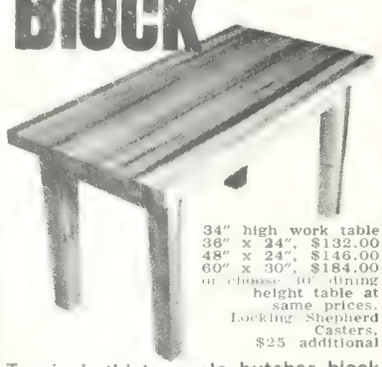
CHAIR: H33 W31 D34 $414.50
OTTOMAN: H18 W27 D20 $174.50

shipping charges extra. No. C.O.D. send $1.00 for brochure

Carolina Leather House Inc.

Dept HG-22 P.O. Box 5023
Hickory, N.C. 28601 (704-322-4478)

Butcher Block

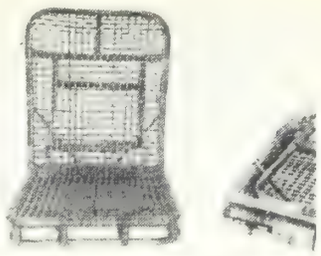


34" high work table
36" x 24", $132.00
48" x 24", $146.00
60" x 30", $184.00
or choose 30" dining height table at same prices.
Locking Shepherd Casters, $25 additional

Two-inch thick maple butcher block top, durable bench-construction frame. Sent express collect. In Illinois, add applicable taxes. Send check or money order, no C.O.D.'s please.

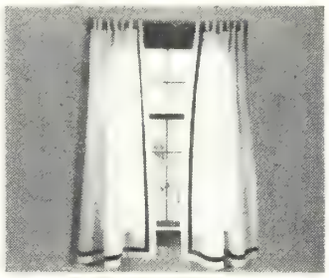
For complete catalog of exciting butcher block furniture, send 50¢ to:

butcher block & more
The Schoenheit Company
Dept. HG-77A, 1600 S. Clinton, Chicago 60616



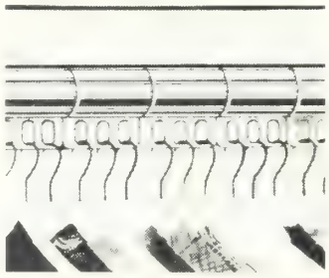
FOLDING TOTE-CHAIR

Take it along to the beach, meadow concerts, picnics, or anywhere you want for quick-at-hand use. Airy cool open-weave caning. 17" by 19" back, plus 15x16" seat elevated 3½", folds flat. $19.95 plus $2.10 post. Catalogue. $1. The Patio, HG-7, 550 Powell, San Francisco, CA 94108.



TAB CURTAINS

Permanent press natural color muslin or white polyester/cotton. Grosgrain trim in wine, moss green, navy, gold or brown. 80" w. pr.: 45", 54", $24; 63", 72", $28; 84", 90", $33 plus $2 post. Free color catalogue, write to Constance Carol, HG7, Box 899, Plymouth, MA 02360.



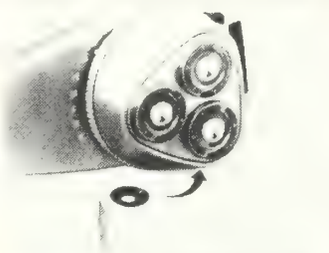
SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 60¢ post. Anthony Enterprises, HG7, 556 Mission St., San Francisco, CA 94105.



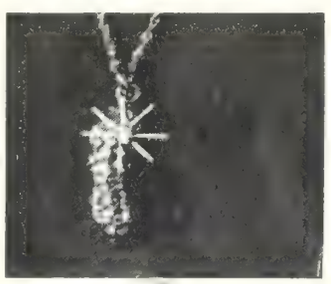
CASTERED TO MOVE

Clear plastic dish for plants is on three casters for mobility of large plants that need to follow the sun. Inside dia., 11½"; 2" deep to catch and hold water, protect floor. We use them on the terrace, too. $6.98 plus 75¢ post. Lilly's Garden, G7E. 510 S. Fulton Ave., Mt. Vernon, NY 10550.



KEEPS IT SHARP

The Norelco sharpener fits all Norelco shavers, gives a really sharp cutting edge that means better-than-ever clean shaves. Use just once a month. Perfect gift for any Norelco user. Fast, safe, sure. $2.99 plus 50¢ post. Write to Holiday Gifts, Inc., Dept. 307-7D, Wheat Ridge, CO 80036.



PENDANT FOR NOW

Wear a 14k gold peanut suspended on an 18" chain. Pendant is ¾" long. Makes a great conversation starter as well as a distinctive gift selection. Peanut and chain $19.95; same with 1-point diamond $26.95. Add $2 post. C&S Enterprises, Dept. HG7, P.O. Box 19604, Las Vegas, NV 89119.

Preserved Boston Fern



Our preserved Boston ferns are chemically treated to retain permanent lasting beauty without care. No light, water or high humidity necessary. Ideal for dark areas where other plants perish. Display on table or in hanging rope. Its lush fronds spread 3½ ft.—"planted" in 7" clay pot—$19.95 (plus $2.50 postage by Master Charge, BankAmericard, Check or Money Order. Michigan residents add 4% sales tax.

BLOOMIN' ATTIC
418 S. Washington St
Royal Oak, Michigan 4806

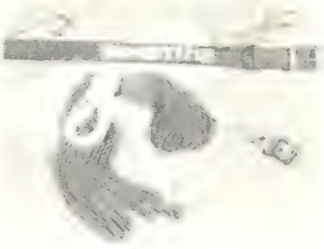
SWIRL GLASS LAMP

Replica of an early American lamp has a 16" chimney and an oil reservoir (1 pint capacity) that extends to the base, ideal for filling with tinted oil. Lovely on an outdoor buffet or dinner table. $13.50 each; pr., $25 Ppd. Write to Jenifer House, HG7, Great Barrington, MA 01230.



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Needlepoint personalized. Wool yarn, hardware, lining, canvas, ¾" collar adjusts up to 16" neck; 1" collar to 22". Choice of three types of lettering. Black/white, red/black or white, dk brown/tan or request colors. Each $8.50 ppd. Francy Needlework, HG7, Box 715, Highstown, NJ 08520.



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Sterling silver collar stays. He'll savor knowing he's well dressed down to these elegant details. 2½" l., to engrave with three initials (specify). Pair sterling, $9.50. 3" long $10. Add 50¢ post. Write to Sleepy Hollow Gifts, HG7, 6651 Arlington Blvd., Falls Church, VA 22042.



BROWN BAG IT

Rugged brown bag is the "in" thing for carrying almost anything. Brown twill with water-proof lining, handles of durable webbing. Measures 7" by 1¾" by 11" d. Folds flat to travel. $4.98; two for $8.98 plus 60¢ post. Lillian Vernon, G7E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



NEVER TO RETURN

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THE RACQUE

Solid pine holder takes care of your tennis racquets on wall or door. Sturdy dowels are slightly angled for security. Edges are beveled. Oak stain, semi-gloss varnish. With screws. 24" $11; 36" $12.50; unfinished $2 less. Add $1 post. Mason Products, HG7, Box 22, Wellesley, MA 02181.



Curtain Corner

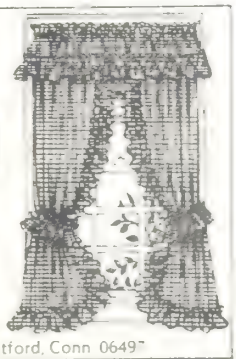
24"	5.00
36"	8.00
45"	9.00
63"	11.50
Valance	4.50

Residents add 7% sales tax

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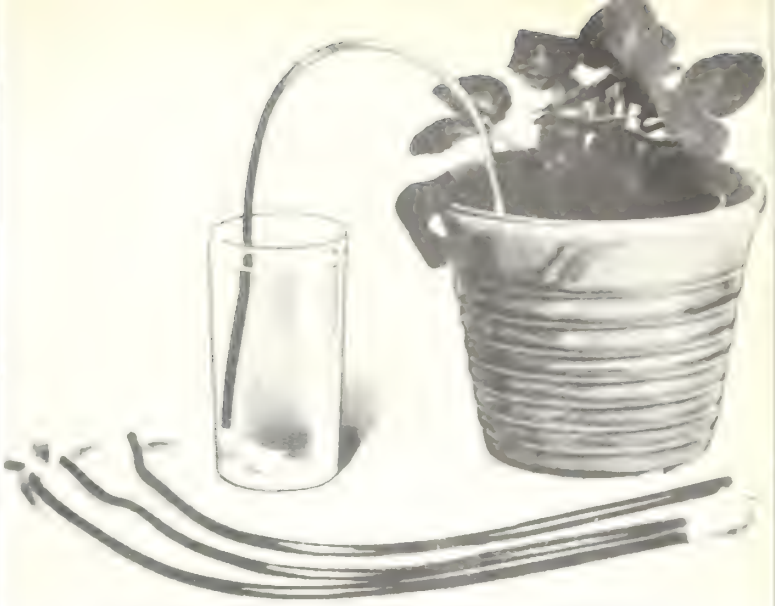
Polyester and cotton Perma-Press 78" wide. Ruffled tiebacks, Rosettes. Canopies, Shams available

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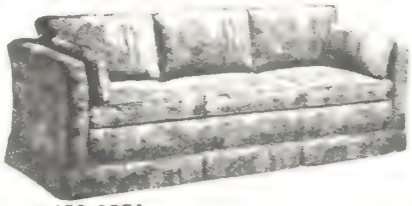
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Many early American homes had no curtains at all. But those that did most likely had tab curtains. Tab curtains are found here in Plymouth at the windows of houses built as early as 1640. We love them and use them throughout our own weathered salthox home.

The simple elegance of tab curtains makes them as right for the finest Contemporary homes as they are for the most authentic Colonial homes. They are as functional as they are beautiful, sliding easily on simple rods. They do not require expensive and complex drapery hardware. And they are available both in plain natural muslin and in a variety of colors and fabrics to suit your taste. Custom sizes, too.



PILGRIM STRIPE

Natural: Permanent press muslin.
White: Polyester/cotton blend.

TAB CURTAINS LENGTH	40"	About 80" wide 45"	54"	63"	72"
Natural or white (no trim)	$16	17	17	20	20
Pilgrim Stripe (Wine, Navy, Moss Green, Soft Gold or Brown on natural or white	$22	24	24	28	28
Gingham (Yellow, Green, Brown, Red, Blue or Pink)	$16	17	17	20	20
Meissen Stripe (Red, blue, green, gold)	$30	32	35	39	42
BALL FRINGE CURTAINS					
Natural or white	$12	13	13	14	14

Valance 10" by 80" each $3.50

WOODEN RODS AND BRACKETS per set $4 Brackets only $3

Set includes two brackets made from birch, four nails and a 36" or 48" (specify) wooden rod, diameter 3/4".

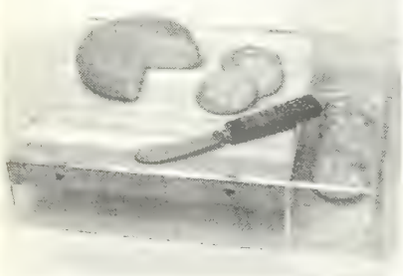
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Constance Carol

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A smartly designed cheese board and cracker holder that combines a natural 1" thick hardwood block with durable crystal clear acrylic. This sturdily made server measures 10½" x 8½" x 2½".

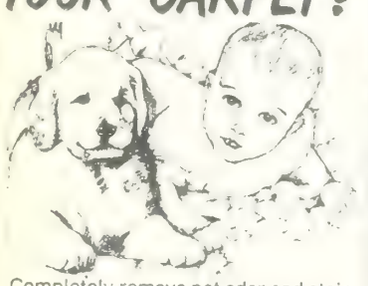
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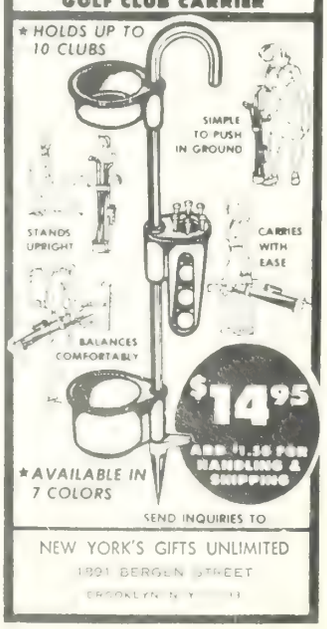
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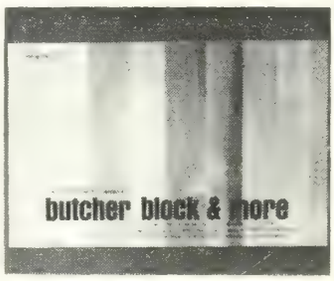
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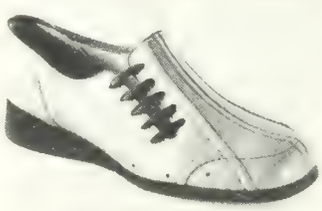
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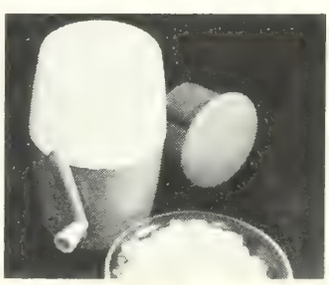
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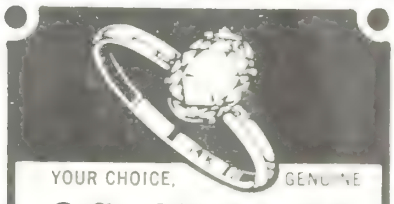
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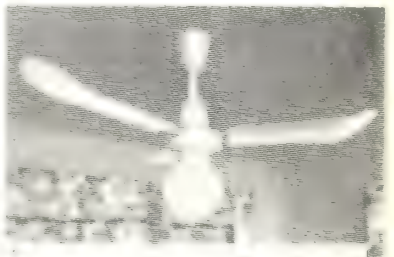
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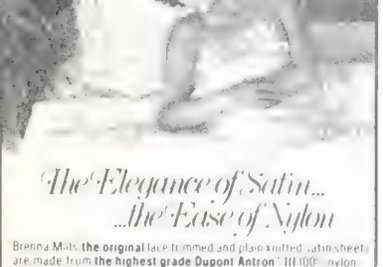
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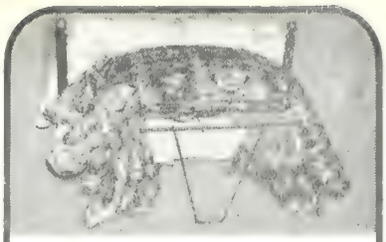
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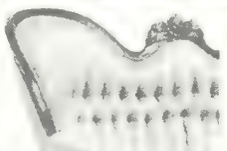
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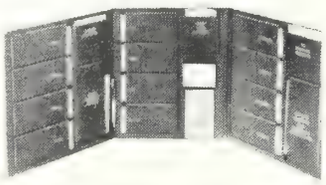
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PRETTY TABLE PIECE

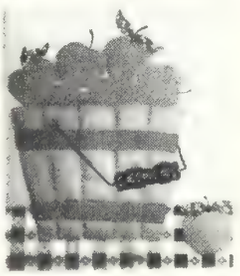
Charming small tureen of white ceramic, with pastel roses. Holds about one quart, perfect for gravy, vegetable, chocolate sauce—even flowers. Goes well with other dinnerware. Tureen, lid, ladle $6.95 plus 90¢ post. each. The Added Touch, 12 H Water St., Bryn Mawr, PA 19010.



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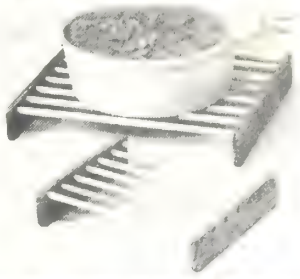
CHEERFUL CURTAINS

Pretty window fashions akin to those used in 18th and 19th century homes. Catalogue is filled with country charm, thick with swatches to bring colors and materials right into room you're decorating. Send $1. Mather's, HG-7, 31 E. Main St., Westminster, MD 21157.



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REDWOOD GREENHOUSE

Pearlmist lean-to greenhouses, all redwood frame. Corrugated acrylic panels, fiberglass reinforced. Double ventilating system. Pre-cut, predrilled. 7' by 12'. $214.95. F.O.B. Santa Cruz. Free catalogue. Peter Reimuller/Greenhouseman®, 980 17th Ave., Dept. 11-GP, Santa Cruz, CA 95062.



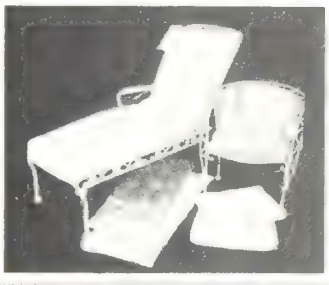
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Ideal for outdoor summer dining on porch, terrace or patio, is the 7" high hurricane lamp with smoked glass globe and its own long-burning candle. Lamp is just as charming for indoor dining, too. In brass, $18.20; pewter, $24.80. Ppd. SKS Design, HG7, Box 343740, Coral Gables, FL 33134.



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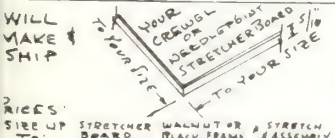
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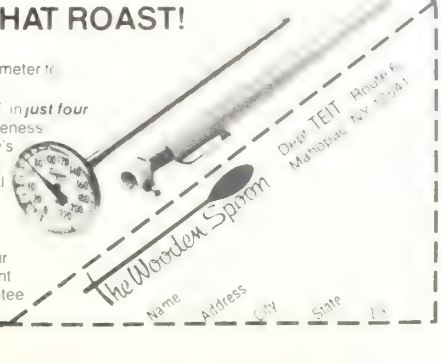
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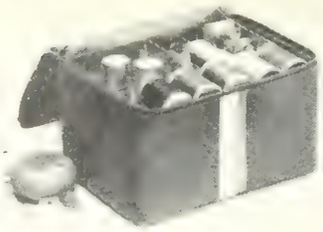
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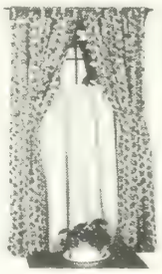
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Spot-resistant, water-repellent fabric box with coordinated ribbon trim has removable plastic tray for sewing notions or cosmetics. Ribbon is blue, rust, red, brown. Folds. 6½" by 10" by 6½". $13.95 plus $1.75 post. Ribbon Regalia, HG7, Box 1999, G.C. Sta., New York, N.Y. 10017.



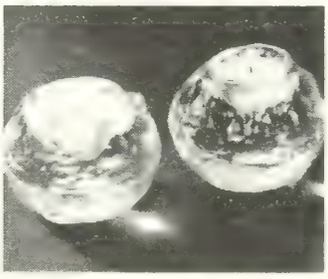
NEEDLEPOINT ADVICE

Fat little pig to work in needlepoint is a bright note for a dieter's kitchen. Kit includes design on canvas, wool yarns, needle, backing and magnets. 7½" by 9", $5.95 plus 75¢ post. Walnut finished frame, 8" by 10", $2.50. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.



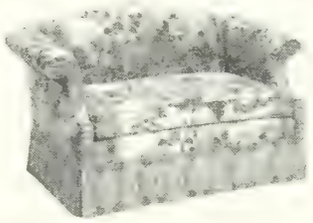
SASH AND TAB

Sash curtain to mix, match or go solo. In polyester/cotton, six colors. Teamed here in beige with tab curtain in tangerine *Stevens Plains* print by Waverly. 54", $55; 63", $61; 72", $63; 84", $72 plus $2 post. Free catalogue. Constance Carol, HG7, Box 899, Plymouth, MA 02360.



ICY CANDLES

Balls of solid crystal become glowing fire when the built-in candles are lit. Grand alone or in pairs on a dining table with silver and china. 3½" dia. and boxed for gifting. $6.50 each; two, $11.98 plus $1.15 post. Lillian Vernon, G7E, 510 S. Fulton Ave., Mount Vernon, NY 10550.



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Shopping information

Prices approximate, state and local taxes additional. Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

ON THE COVER

"Fantastic Fish" cotton and Kodel polyester sheets: King flat, about $16. Matching comforter and towels available. Blue or neutral tones. By Burlington. At Jordan Marsh, Boston.

Wicker baskets: 9"–18" diameter. From $3–$19. **White ceramic ashtrays:** 5" x 6½" $12 each. Both at Caldwell Alexander, Southampton, N.Y.

Maize sisal floor covering: From Stark Carpet.*

Japanese porcelain plates with fish design: 9" diameter. **Chinese porcelain vase, 16" tall.** Both 19th c., from John Rosselli*

Pink geranium trees: $35 each. At W.A. Frankenbach Garden Center, Southampton, N.Y.

WAY TO WAKE UP

Pages 58-59:

Overscaled, playpen-style wicker bed: 92" x 130" x 37" high. Natural finish, rolled arms. $3,150 frame only. **White cotton puff with flounce:** 80" x 120", $262.50. **Natural finish wicker arm chairs:** 44" sq. x 29" high. Loose seat and back cushions. $1,125 each, frame only. **Natural finish wicker coffee table:** 38" sq. x 18" high x 3" thick Texas limestone slab top. $750. All by Waldo Fernandez for Waldo's Designs.* **Striped Belgian cotton fabric:** 54" wide. About $20 a yd. Imported by Henry Calvin Fabrics. At Katzenbach & Warren.* **Bilao rice breakfast tray basket:** $112.50. **Circular open-weave table basket:** $135. From a collection imported for Waldo's Designs*, Los Angeles.

White antique nightgown: Ribbon and lace trim. $65-$165. From a collection at Henri Bendel.

TO KEEP FIT

Pages 60-61:

Men's cotton pajamas: $32.50. At Saks Fifth Avenue.

Yellow cotton knit robe: $37. By Parisian Maid. **Camisole:** $30. **Dance pants:** $16. Both of polyester and cotton. Designed by Fernando Sanchez. All at Henri Bendel.

Page 63:

Photo #1:

Cotton and polyester sheets: "Missy": Queen size, about $14.95. Shams, about $13 each. Designed by Suzanne Pleshette. **"Chrome Yellow":** Queen flat, about $13. Designed by Yves St. Laurent. Both by Utica Fine Arts for J.P. Stevens.

Upholstered bed: Channel quilted, rolled head and foot. Queen size, $1,124 COM. By Interior Crafts. Available from Baker-Knapp & Tubbs.*

Down-filled quilt: Queen size, $215 (shown with custom cover). At The Continental Quilt Shoppe.

"Wingfoot Textured" vinyl self-adhesive tile: Slatelike texture. 12" squares, 59¢ each. By Goodyear.

"Kir-Flex" aluminum eyelet drapery rodding: $1 a foot. By Kirsch.

"Elena" ABS plastic stacking tables: 20" sq. x 11" high. White, red, or black. $52 each. From Italy. At Ambienti.

Movable arm table lamp: Extends to 28". 22½" high. $135. From Hansen Lamps.*

On stacking table: Glass bread plate: $2. At Henri Bendel. **Ruffled clamshell:** $12. **One-of-a-kind burnt Popsicle stick box:** 10¾" x 7½" x 2½" high. $75. Both at Limited Editions.

"Boby" ABS plastic storage unit on casters: 16½" x 16¾" x 21" high. 3 swing-out trays, 3 shelves. White, red, yellow, brown, green, black, orange. 2 modules $136. By Bieffeplast. Imported from Italy by Inter Graph. At Sam Flax.

In "Boby": "Kindness" electric hairsetter: $31; **"Crazy Curl" steam curling iron:** $26. Both by Clairol. **"Mother's Dandelion Wine" bath salts:** $15. At Henri Bendel.

Tree, plants, flowers: By Renny.

Photo #2:

"La Vasca Tonda" circular bathtub: 79" diam., 22" high. Green, blue, black, red, beige, white. $3,600. By Fabio Lenci for Teuco. Imported from Italy. At Hastings Tile, Great Neck, N.Y.

Edge of tub: Bath sponge: $9. **Bath brush:** $10.50. Both at Henri Bendel.

Photo #3:

"Extase" mirrored beauty cabinet: 61" x 7½" x 28" high. Exterior of Formica laminate. Molded polystyrene interior. Locked cabinets. $585. **"Design Line" two door vanity:** 31½" x 21¾" x 32¾" high. Steel enameled sink. $320. **Between vanities: "Design Line" single chest:** 15-11 16" x 12" x 32¾" high. Hamper, one drawer. $140. Both of wood with Melamine laminate. **"Grande Luxe" acrylic and chrome towel ring:** 11⅛" x 1⅛" x 6½" high. $18.50. All by Allibert. At The Bath House & Kitchen Center, Westbury, N.Y.

"Grand Velour II" cotton-faced terry cloth towels: Body sheet, about $14. Bath towel, about $7. By J.P. Stevens.

"Serie Junko Mix" single knob faucet: automatic drain. White, red, dark blue, brown, chrome. $284. By Zazzeri. From Fearless Faucets.*

In beauty cabinet: Electric rotary razor: $45. By Norelco. **"Slimline Water Pik"** appliance: $42. By Teledyne. **Antique Chinese teacup** (holding cotton swabs): 3½" high. $75. At J. Garvin Mecking.

Dome-topped ABS plastic container: 4 sizes, 6½"-11" high. White, red, or green. About $6–$13.50. By Kartel. Imported by Beylerian. At Bloomingdale's; Drummonds, Houston; Macy's, Monterey, Calif. **Yellow plastic box:** $5. At Henri Bendel.

Photo #4:

Wall mounted cabinet: 15¾" x 12" x 22½" high. $80. **Wall mounted drawer:** 15¾" x 12" x 7½" high. $55. Both of wood with Melamine laminate. From the Design Line by Allibert. At The Bath House & Kitchen Center, Westbury, N.Y. **Counter-high refrigerator with freezer:** 18¼" x 21⅛" x 27½" high. $159. By Sanyo.

Unfinished hardwood stool: 14" diam., 24" high. $14. At Furn-A-Fit Workshops.

"Nova" 14-speed blender: $40. By Waring.

Porcelain-enameled tea kettle: 2½ qt. $27. By Copco.

"The Fifth Burner" 7-setting burner: $17. By Hamilton Beach.

Above drawer: "Food Savers" containers: airtight, freezer- and dishwasher-safe. 26 oz., $2.80 ea. **Below drawer: Melamine salad bowl:** 5 qt. $13. Both by Copco.

Photo #5:

Mia Master Jogging machine: [illegible] x 19" high. $179 C.O.D. **"My Jump" digital skipping rope:** [illegible] ppd. **Multiposition slant board:** Of foam-padded vinyl. Tubular steel construction. $43.90 ppd. All at Hammacher Schlemmer.

Navy blue jogging pants: matching jacket not shown. $50 set. By Loom Togs. **On coat hooks: Light blue and navy jogging jacket:** $22. **Navy jogging pants:** $15. Both by Winning Ways. **Bright blue tennis shoes:** $22.50. By Tretorn. All at Saks Fifth Avenue.

White porcelain hooks: 4" high. 95¢ each. At The Pottery Barn.

Cane-covered hardwood console table with brass boots: 48" x 24" x 29" high. $775. From Bielecky Brothers.

Raffia-covered X-based bench: 20" x 12" x 16" high. $750. To order. From Karl Springer.

Swing arm 3-way wall lamp: Brass, $141. Chrome, $151. From Hansen Lamps.*

One-of-a-kind silver hand mirror, silver-topped jar and bottle: $45 and up. From a collection. At Henri Bendel.

Antique Chinese ginger jars: $675 a pr. **Antique Chinese covered soap dishes:** $135 each. Both at J. Garvin Mecking.

Amber-colored bottle: $85. **Woven "bird's nest" jar with lid:** $26. **Bamboo handled makeup brushes:** Set of 5. $12. All at Henri Bendel.

Blue and white earthenware dish: 18" x 5½". $20. **Imari cup (holding brushes):** 4½" high. $30. **3-pc. Imari stacking jar:** 5½" high. $95. All at Gordon Foster Antiques.

Photo #6:

"Boby" ABS plastic storage unit on casters: 16½ x 16¾ x 29" high. 6 swing-out trays, 4 shelves. White, red, yellow, brown, green, black, orange. 3 modules. $199. By Bieffeplast. Imported from Italy by Inter/Graph. At Sam Flax.

Cosmetics: By Revlon.

Striped silk robe: $175. By Ariel. At Henri Bendel.

Photo #7:

Terry cloth exercise mat: $38. At Henri Bendel.

Men's cotton terry velour robe: $50. At Saks Fifth Avenue.

"Sportable" 12" diagonal black-and-white television: Built-in rechargeable battery pack. Snap-on sun shield. $140. By RCA.

Chrome and glass table on casters: 13" x 18" x 16" high. $525. To order. At Seguin Mirror & Brass.

"Trimline Touch-Tone" telephone: From the Bell System.

Photo #8:

Hand woven "rooster" basket: 24" x 24". From the Philippines. $75. At Renny.

Blue and white "Icicle" quilt: c. 1920. 79" x 72". $250. At Kelter Malcé Antiques.

Yellow and white quilt: $225. **Blue and white quilt:** $225. Both at The Pilgrim's Progress.

All other sheets, towels, blankets: By J.P. Stevens.

Foldable zippered denim luggage: Polyurethane handles. 29" pullman, $57.50. By

Continued on page 147

Orchids
continued from page 32

in varieties of yellow, bronze, red, violet, green, blue, as well as the familiar lavender. The flowers last from 10 days to 2 weeks. By growing varieties with different blooming times, you can have some in flower for at least half the year. For orchids that really last, however, *Phalaenopsis* blooms are hard to beat. Known popularly as the "Moth Orchids," these flowers last anywhere from 2 to 5 months if the humidity is kept high around them. *Paphiopedilum*, paphs for short, also called Lady's-slipper, don't look "orchidy," but their wax-carved texture adds striking variety to a collection. Before you add some to yours, however, make sure you've seen paphs in bloom. They are so different from the other orchids that even the most avid orchid lover sometimes will not grow them; others will have nothing but. Outstanding growers under artificial light, which alone is enough to persuade many to begin a collection, they will liven up any dark corner.

One of my own favorites among the orchids is *Cymbidium*. Although the species of this genus can be grown only in cool greenhouses, I mention them here, because the miniatures, of which there are now many hybrids available, make outstanding and long-lasting specimens for sunny windows.

While it's true that if you grow orchids without a greenhouse, your selection will be limited, it's also true that once you do start, it will be hard to stop. After all, you'll still have some thousand-odd specimens to choose from.

Light, water, action
continued from page 32

small, a miniature low-power fan placed by the plants, blowing the air away from them, will increase circulation. When it comes to temperature requirements, orchids are classified as cool, intermediate, and warm growers. Cool growers can rarely be grown indoors; most of the others will do fine as long as you don't select really exotic specimens. To help initiate flower spikes, place them in a cool window over night.

As a last note, orchids rarely grow in soil. Most are epiphytic, or air plants, growing on the bark of trees. This means they will not take well to being potted up like your other house plants. Bark, osmunda, and various other substances are used for orchids. Potting mixtures are available from orchid suppliers and many garden centers. Use a clay pot with large holes in the bottom, as well as a pebble tray. Do drench when dry. More water is required when the plant is actively growing. Cut back watering in the dormant period. Orchids require better drainage than most plants. For fertilizer, 18-18-18 every 2 weeks during the growing season is recommended. When the flower fades, cut the spike only.

At transplanting time, use the same type of medium as the plant grew in before. It's the easiest choice and the one which will work best. Trim off all dead roots and place the plant in the new pot, packing down the planting media *very firmly*. If the plant is not anchored firmly when repotted it will be wobbly and refuse to send out new roots. To this end, some growers will stake their plants for the first few months after repotting them in order to make sure that the new roots get a good grip on things. ■

Swedish treat
continued from page 48

dustrial center on the coast, has medieval ramparts, a splendid Renaissance castle, baroque squares and cathedral. Plus beaches, campgrounds, and all manner of sports facilities. Växjö the provincial capital, 60 miles inland on a lake and surrounded by lakes, is also well-equipped for outdoor pleasures. It offers in addition a complex of interesting local museums devoted to peasant life, to forestry, to Swedish emigration to the United States, and most notably to glass. Exhibits in the latter trace the history of the craft from antiquity as well as show off the products of local craftsmanship.

Craftsmanship in the process as much as the product, is the reason for visiting the glass factories. They are modern where modernization makes sense, and may make different kinds of glass for different purposes, but the Swedish have built their reputation on the brilliant clarity and ring of their crystal. And the making of fine crystal is still very much a handcraft. (The difference between glass and crystal? Glass is a fusion of silica sand, soda, and limestone. In fine or lead crystal, potash and red lead replace the soda and limestone.) It is fascinating to watch the glass-blowing teams, the engravers, and the cutters. There's a good bit of drama to the making of even a simple wineglass, and a display of skill that makes it look easier than you know it is. Glass is such a lively, sensuous material —soft and glowing from the furnace, sheer and sparkling in the finished piece. Each glassworks has an exhibition of its products—past and present. And each has its own specialties, its own personality. Partly this comes from company tradition, partly from the distinctive creations of its designers. Designers play a very important role in Swedish glassmaking. In addition to their responsibilities for designing beautiful and salable useful objects—glasses and pitchers and candleholders—they are encouraged to experiment and expand the technical and artistic possibilities of crystal. The beautiful one-of-a-kind objects they create are beautifully displayed in the exhibition rooms.

If all this looking leads to thoughts of buying, the factories have stores, too. But the stores only sell seconds and ends of lines for reasons that are obvious when you think about it. The seconds have almost imperceptible flaws, and if you find something you covet, you have a real bargain. Serious crystal buying, however, must be done in normal retail shops. There are some in Växjö and Kalmar, and if you are planning to go to Stockholm, the NK department store is famous for its selection.

☐ **WHERE TO STAY**

There are motels or hostels near many of the glassworks, but Växjö or Kalmar are better bases of operation if you'd like to stretch out the evening. In the glassworks villages it's early to bed, early to rise. Factories open at 6 A.M., lunch hour starts at 10 or 10:30, and by 3 or 4 in the afternoon they close for the day. The best weather for a visit is from mid-May through September, but rooms may be scarce and considerable advance planning needed in July, which seems to be the Swedish vacation time. The glass factories all close for the month, but their shops and exhibition rooms may open. Kosta and Orrefors keep a small part of the factory working for tourists.

☐ **HOW TO GET THERE**

It's only a 40-minute flight to Växjö from Copenhagen, Denmark, the closest international airport. SAS has a new direct flight (Sunday through Friday to Växjö; Monday-Saturday to Copenhagen) six days a week. You can also fly to Växjö or to Kalmar from Stockholm in an hour and a half. Bus tours of the factories are available in both cities, but this is country that invites unscheduled poking around, and for that you need a car. Växjö is well provided for car rentals. There are five companies from which to choose, and SAS will make the reservation for you at the same time as you book your flight. ■

A song of praise
continued from page 118

moment, the 'Polish Rider' at the Frick. What you receive from that picture is not the personality of the rider, or of Rembrandt. Something other than personality comes across. Something deeper."

Transcending personality in a work of art is perhaps too advanced a concept for most of the amateur gardeners of this world. Russell Page is bringing a long gardening career to bear on his current musings. At the end of his book, he writes, "A garden really lives only insofar as it is an expression of faith, the embodiment of hope and a song of praise." Perhaps that goal, ambitious as it is, could serve as a model for those who hope to achieve the standards Mr. Page has attained in the art of gardening. ■

Harrison. At Bloomingdale's.
Clothes in closet: At Henri Bendel.
SUMMER DRINKS
Page 67:
"Champagne" fluted crystal glasses: 6¼" high. $19.75 each. By Ward Bennett. At Tiffany.
THE FLOWERS SPEAK
Pages 76-77:
Hand-painted 19th-c. Chinese porcelain: Blue and white cachepot: 8½" diam., 6¼" high. $840 a pair. **Vase:** 7½" diam., 17½" high. $600 a pair. Both from Charles R. Gracie & Sons.*
A NOBLE BEAUTY
Pages 90-91:
"Morris-Jumel Mansion Tea Room" vinyl-coated wallpapers: Handpainted on paper, straight pattern match. **Panel:** Pattern #3700, 21" wide, 10½" repeat. $43.50 per 7 yd. roll. **Border:** Pattern #3699, 21¼" wide, 22" repeat. $7 a yd. Both from the "Early American Homes, 1707-1880" documentary collection. By Reed. For free brochure, write Reed Forest Products, 550 Pharr Rd., Atlanta, Ga. 30305.
HEALTHWARE
Page 104:
"Pressureless Cooker" aluminum steam cooker: 12 cup. Low wattage. Keep-warm setting. $40. By Hamilton Beach.
"Small Wonder" aluminum alloy pressure cooker: 3 pressure settings. 2½ qt. $23. By Mirro.
"New Colony" Lexan plastic fat separator cup: 12 oz., dishwasher safe. Also measures metric. $6. By Rowoco. At Bamberger's, Newark; The China Closet, Chevy Chase, Md.
"Marvelle" black porcelain-clad aluminum cookware: Nonstick interior. 12" diam. chicken fryer (cover not shown), $27. 3 qt. covered saucepan, $17. 10¾" diam. sauté pan, $14. By Oster.
Black cast-iron grill: 13" x 8". Non-stick finish. $20. By Le Creuset.
"Sun Pantry Oven Fruit and Vegetable Dryer": 17" x 13" x 7" high. Uses heat from oven's viewing or pilot light only. Mahogany rack. 4 aluminum screen trays with baked acrylic finish. $25. By Ambit. At Garden Way Living Center, 1186 Williston Rd., South Burlington, Vt. 05401; The Emporium, 6072 Busch Blvd., Columbus, Ohio 43229.
Page 105:
Stoneware steamer: 4 qt. capacity. Dishwasher safe. Suitable for microwave ovens. $25. By Ironstone Pottery. At Bloomingdale's; Bullock's, Los Angeles.
"Schlemmertopf" clay pot: 3½ qt. capacity. Glazed interior, unglazed porous lid. Dishwasher safe. About $19. By Reston Lloyd. At Bullock's, Los Angeles; Saks Fifth Avenue.
Stoneware "Tandoor Oven": 8" diam., 11" high. Metal skewer, retainer plate, locking pin. Stands on oven floor. $39.15 ppd. By Amnion Stoneware. At Williams-Sonoma, P.O. Box 3792, San Francisco, Calif. 94119.
Low heat, waterless cookware: Stainless steel with carbon steel core. 3 qt. covered saucepan, 2 qt. double boiler, 11" diam. covered skillet, about $50 each. By Saladmaster. Write Saladmaster, 48 Beach St., Manchester, Mass. 01944 for nearest dealer.
"The Ice Cream Parlor" electric frozen
Continued on page 150



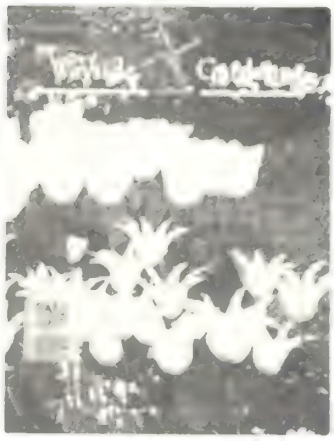
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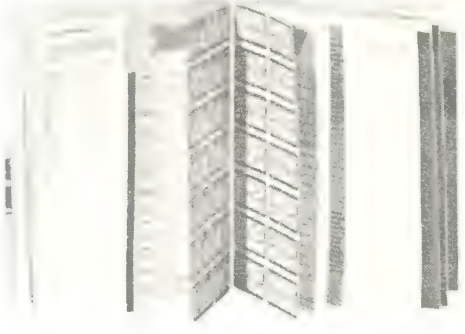
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THE NAME MEANS MOVING.

Shopping information
continued from page 147

dessert machine: ½ gallon capacity. Uses table salt. Ready light. $40. By Waring.
Food machine: Powerful motor grinds, kneads, liquefies, cooks, freezes. 72 oz. stainless steel container with pressurized spigot. About $200. By Vita Mix. At Bloomingdale's; Halle's, Cleveland.
Automatic pulp-free juice extractor: Polystyrene with stainless steel cutting disk, 4-cup juice collector. $86. By Oster.
Hand molded glazed tiles: 4″ sq. "Arbor", green on Mexican white, $6.49 sq. ft. Mexican white, $5.50 sq. ft. By Carillo. Imported by Elon. At Ceramica Mia.

Building Facts

Materials and equipment used in the house on pages 84-87

ARCHITECTS: Leland Cott of Gelardin/Bruner/Cott, Inc.
INTERIOR DESIGN AND LANDSCAPING: Leland Cott of Gelardin/Bruner/Cott, Inc.
CONTRACTOR: Reginald Nichols
SIZE OF HOUSE: 5,571 square feet with full basement
SIZE OF LOT: 1.88 acres

STRUCTURE

Foundation: 8-inch reinforced concrete foundation walls on 12-inch footings; crawl space under living room.
Framing: Two story wings of house: standard wood frame construction of walls, floors, and roof. Living-room wing roof framed in aluminum box beams.

EXTERIOR OF HOUSE

Exterior walls: Two coats of plaster with embedded fiberglass fabric applied to rigid polystyrene board by Dryvit Corp. over gypsum panels by U.S. Gypsum Co.
Exterior finish: White finish integral with plaster by Dryvit Corp.
Roofs: Main part of house; 4-ply bituminous-coated building paper topped with gravel. Living room wing: Kalwall Systems translucent insulating fiberglass panels bonded to aluminum I-beams, Structures Unlimited, Inc.
Insulation: In exterior house walls, 3-inch fiberglass blanket insulation by Johns-Manville Corp. On exterior walls, rigid, polystyrene board. In roofs, 6-inch fiberglass blanket insulation by Johns-Manville Corp.
Windows: "Arcadia" aluminum frame sliding glass windows by Northrop Architectural Systems.
Skylights: Kalwall Systems translucent insulating fiberglass panels by Kalwall Corp.
Doors: Interior doors on first floor: 8-foot solid core wood; on second floor: 6-foot, 8-inch hollow core wood. Exterior doors on living room wing: "Arcadia" aluminum frame, insulating glass sliding doors by Northrop Architectural Systems.

INTERIOR OF HOUSE

Interior walls: ½-inch and ⅝-inch gypsum wallboard by U.S. Gypsum Co. In kitchen, chevron pattern ceramic tile by Country Floors, Inc. In bathrooms, 2½-by-2½-inch ceramic tile by American Olean Tile.
Ceilings: All first-floor rooms except living room: mirror finish aluminum channels by Alcan Aluminum Corp. Second floor: gypsum wallboard by U.S. Gypsum Co.
Interior finishes: On walls and second floor ceilings, skim coat wet plaster by U.S. Gypsum Co.; white paint by Martin-Senour.
Floors: All first-floor rooms and second-floor bathrooms, 12-inch-square black slate tiles by Pennsylvania Slate Co. In second floor rooms, wall-to-wall wool carpet by K.U.T.K. Koninklyke of Holland.
Lighting fixtures: Track lighting and recessed cylindrical ceiling downlights, with wall washers and parabolic reflectors, by Lightolier, Inc. Dimmer controls by Lutron Electronics Co., Inc. In bathrooms, ceiling heat lamps by NuTone Div., Scovill Mfg. Co.
Fireplace: Prefabricated metal "Heatilator" unit by Vega Industries, Inc.
Hardware: On exterior doors, chrome levers by General Hardware Mfg. Co. On interior doors, black Delrin plastic cylindrical knobs by W. C. Vaughn, Inc
Furnishings: In living room, two "Pyramid" beige rugs by Karastan Rug Mills; sectional Italia B&B sofas by Atelier-International; chrome leg, glass-top dining table by Roche-Bobois, Boston; chrome frame, glass-top coffee tables by John Mascheroni; pillows, baskets by Design/Research, Cambridge, Mass.
Table accessories: Dining-table plates, glass goblets, place mats, napkins, flower bowl, living-room coffee tables accessories by Design/Research, Cambridge, Mass.
Music system: Turntable by United Audio, tuner by KLH.
Kitchen cabinets: Custom-made wood cabinets by Christian Kreilkamp faced with plastic laminate.
Countertops: In kitchen, wood block with slate counter saver inset. In bathrooms, slate by Pennsylvania Slate Co.
Plumbing fixtures: In kitchen, double stainless steel sink; in bathroom, white lavatories, toilets, bidet, tubs by American-Standard. Sink and lavatories, "Vola" epoxy enameled color fittings by Architectural Complements.

EQUIPMENT AND APPLIANCES

Appliances: Five-burner electric cooktop, two undercounter ovens by Thermador Div., Norris Industries; countertop charcoal grille with ventilating fan by Jenn-Air Corp.; refrigerator by Sub-Zero Freezer Co., Inc.; food waste disposer by In-Sink-Erator Mfg. Co.; ventilating fan by Nu-Tone Div., Scovill Mfg. Co.; instant hot-water tap by National; laundry washer and dryer by Maytag Co.
Hot-water heater: Tankless by Thermo-Dynamic Corp.
Heating-cooling system: Two-zone forced warm-air heating and cooling system electrically filtered and humidified. Furnace by Thermo-Dynamics Corp., cooling unit by Metzger Machine and Engineering. Circulating pumps by Bell & Gossett, ITT, humidifiers by Lobb Humidifier Co.

Materials and equipment used in the kitchen on pages 64-65

ARCHITECT: Gary Lindstrom & Associates, New Canaan, Conn.
INTERIOR DESIGNER: Taylor Stirling, New Canaan, Conn.

MECHANICAL EQUIPMENT AND APPLIANCES

Refrigerator, freezer, and under-counter refrigerator by Sub-Zero. **Self-cleaning double ovens** by General Electric. **Self-venting electric range** by Jenn-Air. **Corning electric cooktop** by Amana. **Dishwasher and garbage disposal** by KitchenAid. **Hot food server drawers** by Toastmaster. **Stainless steel ventilating hood** by Broan.

INTERIOR

White textured steel cabinets and countertops of butcher block and stainless steel by St. Charles Kitchens by Girard. **Natural cork flooring** (polyurethane coated) by Dodge Cork.

DINING ROOM

Custom terra-cotta tile by Hastings Tile.

New beauty products
continued from page 30

remove dirt without changing the acid mantle of your skin. The bars are a hefty 5 ounces and have their own plastic travel or protective cases (you don't want everyone using your special face cleanser for just anything!), $6.50 each, also from *Estée Lauder.*

Summer-bare is a great feeling. For those who enjoy letting the sun be their only face-coloring, there's a new special summer protector. The *Coty Equasion* **One Perfect Ounce Moisture Cream** and a companion **One Perfect Ounce Moisture Lotion** both have sunscreens added to them. $6.50 and $5 each at drugstores and department stores everywhere.

"Like water off a duck's back" goes the phrase. Here's why. Those down feathers are saturated with an almost weightless oil that's totally water-repellent. The *Redken* scientists have incorporated this "preening oil" into a new eye-makeup remover and an eye-treatment cream. And they've also made applying the remover easier with an eyedropper. Simple genius. Keeps lashes and frail skin soft and lubricated. Find them both at beauty salons across the country.

If refreshment is what you need at bathtime, a tepid bath is more energy-making than a hot one. (A hot bath can deplete you.) Double the lift by adding fragrance to the water. Two of the all-time classics, **Arpège** and **My Sin** have now been made into **Foaming Fragranced Bath Concentrate.** A capful is all you need for a tubful of bubbles. $7.50 each in dramatic black, unbreakable bottles. PAULA RICE JACKSON

Astrological guide to your fragrance

The sign: **Cancer**
(June 22-July 21)
Element: **Air**



The key phrase for Cancer is "I feel." You absorb from your surroundings and react intuitively to them. Most people who belong to this sign are emotional, and therefore definitely creative. You're also diligent, resourceful, and a person with great staying power. **White Shoulders** by *Evyan* suits your sentimental, idealistic personality. More sophisticated **Y** by *Yves Saint Laurent* has a subtle persuasive air. The timeless **L'Heure Bleue** by *Guerlain,* the perfume mother wore, is full of memories. For the responsive, affectionate Cancerian male, there is *Givenchy's* **Gentleman** with its dazzling array of grooming products to indulge his senses. ■ MARIA REACHI

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The natural look of brick in the family room. (Shown, page opposite.) The mood: Southwestern. The floor: Armstrong Designer Solarian®, Hampton Brick series, with an area rug made of two colors of Armstrong Desert Lane carpet. Upholstered furniture by Thomasville, also part of The Indoor World® of Armstrong.

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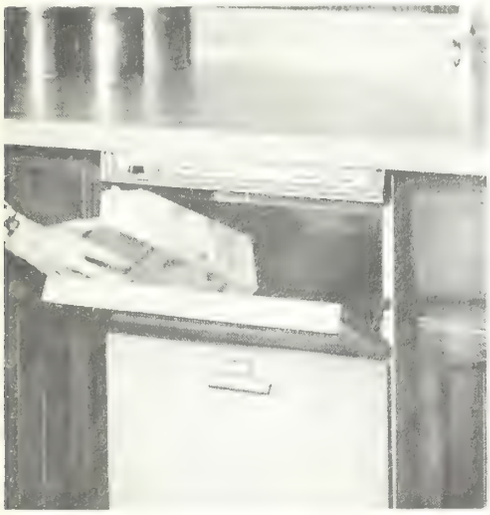
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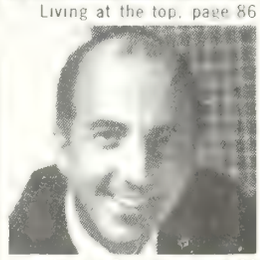
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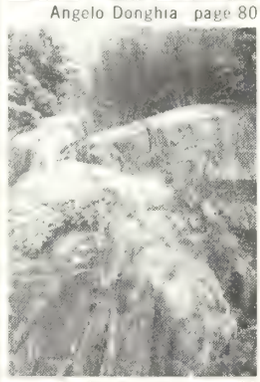
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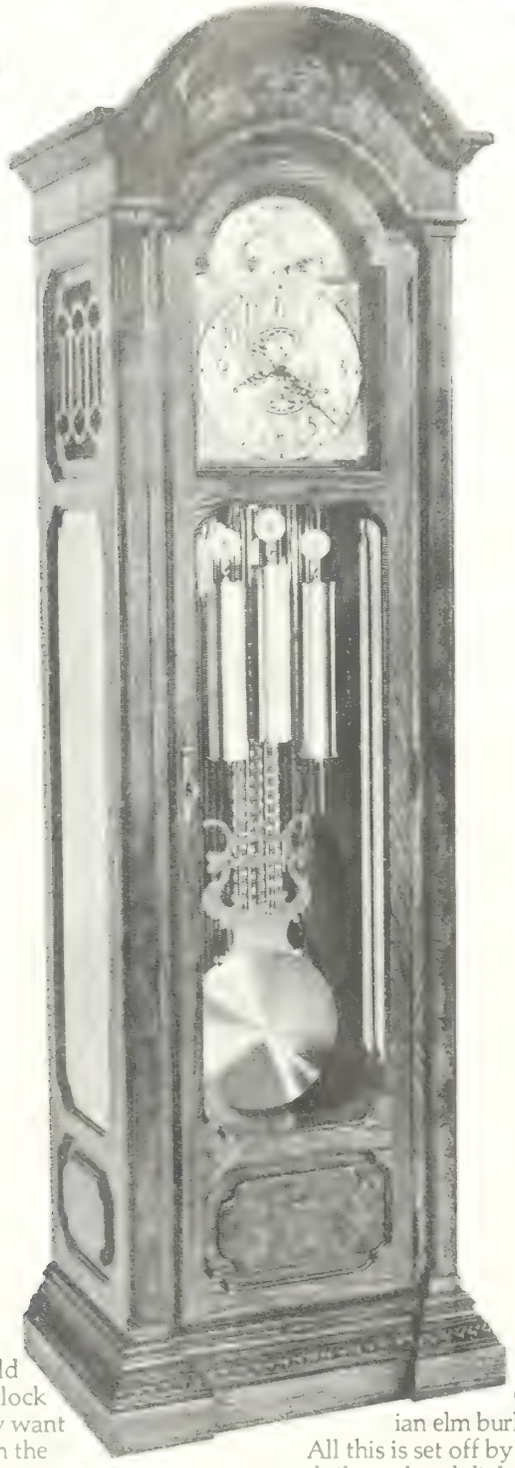
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These are housed in a superbly crafted case 87 inches tall. A case of oak and Carpathian elm burl veneers.

All this is set off by a brass and silver plated dial and ornaments of brass fretwork.

A great lyre pendulum measures the hours behind hand beveled glass panels.

If you are one of the handful who can afford this clock, write for the name of the stocking dealer nearest you.

Ask about the President by Howard Miller. $3,400.

Howard Miller Clock Co.

Zeeland, Michigan 49464

AUGUST, 1977

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WILLIAM P. STEELE

On the cover: A romantic bedroom—sheer curtains to float around an antique fourposter bed. Sheets patterned like an old English garden. Pillows covered in ruffled eyelet. Rose trees in baskets on a floor covered with sand-colored matting. Antique chairs upholstered in white linen or padded in pink; ottoman covered with a simple fabric rectangle gathered around corners. Room designed by Robert Perkins. "Summer's Day" sheets of Dacron polyester and cotton by Martex. "Regency Eyelet" pillow covers by Carlin. Bed and armchair from H. J. Kratzer. Faux bamboo armchair from Stuart Greet. Chinese paintings from Tom Ballan. Rosecore matting. Sealy mattress. Shopping information, page 108.

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JOHN MAY

"When I designed this apartment on New York's Central Park South, I made it seem like a place in the country. Nothing trendy. Just an easy, comfortable atmosphere. Good, clean-lined oak. A wall of books. It's just the kind of straightforward environment my client, Norman Cousins, thrives in. And that's my design philosophy—to make a person at home."

We at Century Furniture are very pleased that John May, A.S.I.D., chose a coffee table from our Candlewood group. If you would like to see more Century furniture, including our upholstery, send for our Century magazine. Enclose $3.00 with your name and address to: Century Furniture Co., P.O. Box 3427, Dept. H-4, Hickory, NC 28601.

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Living

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Karen Lee, author of Chinese Cooking for the American Kitchen (Atheneum), applies her clear, straightforward methods to Chinese food at her New York cooking school, above. Students join her for Sunday shopping trips to Chinatown as well. New classes begin every six weeks. Ms. Lee will come to you: Pay air fare and expenses and you get four 4-hour classes in a week for $100. Write Ms. Lee at 142 West End Avenue, New York, N.Y. 10023.

Scotland's idyllic twelfth

If you have always wanted to participate in "the glorious twelfth," the opening day in August of the grouse season in Scotland, here are two ways to do it and see Scotland ablaze with purple heather on the moors. Stay at Invercauld Castle on the River Dee, a mile or so down the road from Queen Elizabeth's Balmoral Castle. Farquharson, the owner of Invercauld, is the Laird of Balmoral. You are entertained as at a private house party. At noon, the shooting brakes bring elaborate picnics to the moors. Then it's back to the castle for tea, naps, hot baths before being piped into dinner by Farquharson's pipers. It is not the least expensive way to see this side of Scottish life, but probably the most colorful. Talk to your travel agent about an invitation.

If, on the other hand, you are young, energetic, and on a budget, go to Grantown-on-Spey across Cairngorm Mountains from Invercauld. There you find the gamekeeper of Seafield Estate, who is delighted to take on visiting "beaters" for the shoots. You rise just after sunup. Your hotel (Grant Arms on the village green.



Above: Invercauld castle. Left: grouse shooting

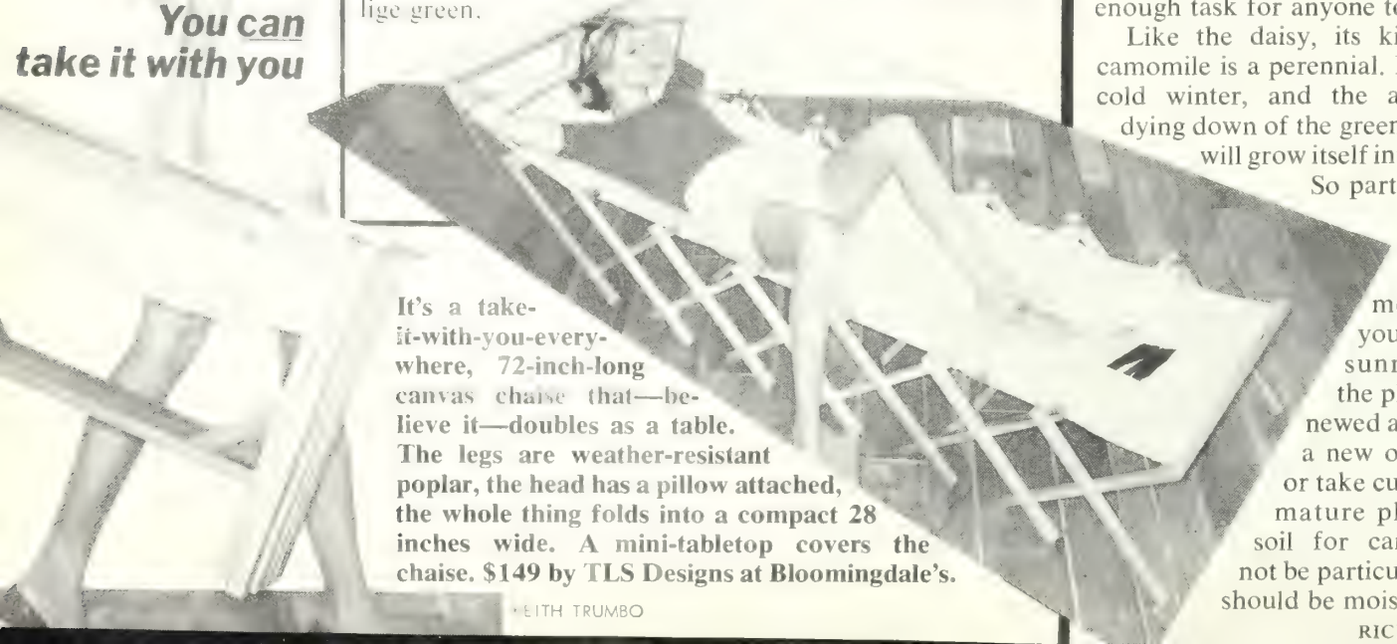
Departure points

Nethy Bridge in beautiful gardens nearby) puts up a picnic. The gamekeeper's brake takes you as far as it can toward the place where the "drive" for grouse will start. Then you climb. It is wonderfully invigorating, if strenuous. Beaters fan out on the crest, standing alone in the heather with beater's flags waiting for the signal to start. The gamekeeper's whistle blows and you start downhill, waving your flag.

Scotland is part of you forever.

EDITH CAMPBELL

You can take it with you



It's a take-it-with-you-everywhere, 72-inch-long canvas chaise that—believe it—doubles as a table. The legs are weather-resistant poplar, the head has a pillow attached, the whole thing folds into a compact 28 inches wide. A mini-tabletop covers the chaise. $149 by TLS Designs at Bloomingdale's.

KEITH TRUMBO

Garden art

Grow your own tea break

Comforting camomile is an easy-to-grow herb that, among its other attributes, makes an excellent tea—something not inconsequential in these days of stratospheric coffee prices. The tea, made from the leaves or flowers, or both, is known for its soothing effects on toothaches, stomachs, and just plain aches. Medicinal meanderings aside, the camomile plant is a very attractive one to grow in a pot, as long as you pinch it back often to keep the tall flowers from erupting. Of course, since each pinch makes a fragrant cup of beverage, that's a pleasant enough task for anyone to do.



Fragrant camomile tea

SHEILA CA

Like the daisy, its kissing cousin, camomile is a perennial. But without a cold winter, and the accompanying dying down of the greenery, the plant will grow itself into exhaustion. So particularly when it is grown under lights (the easiest method unless you have a truly sunny window), the plant is best renewed annually. Start a new one from seed or take cuttings of your mature plant. Potting soil for camomile need not be particularly rich, but should be moist.

RICHARD LANGER

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Living



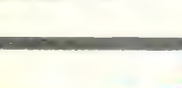
Karen Lee demonstrates her technique

Something old, something new

If you would like to decorate with 18th-19th-century period reproduction fabrics you will find *Fabrics For Historic Buildings* (The Preservation Press, 1977, $5), by Jane C. Nylander, most helpful. It delves into five time periods spanning 1700-1900 with an explanation of changes in manufacturing methods. It also lists over 225 reproductions (linens, silks, velvets, wools) available in today's market, including stores where they can be purchased, plus it provides a helpful glossary of words, some of which you should know but probably never took out the time to look up.

Chelsea by Brunschwig

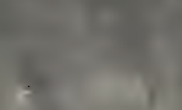


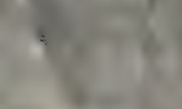


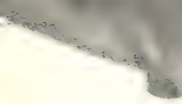


















Growing rooms



Alexandra Stoddard



JAMES MATHEWS

Decorating idea of the month

Split personality

Ping-Pong tables take up space. This idea beats the problem. Designer Robert K. Lewis made two tables, which, when pushed together, create the regulation 9-by-5-foot surface. Each section is on casters, is laminated in white plastic, has maple wood stripes to mark out the service courts, and doubles as a dining table. $900. To order, write Robert K. Lewis Associates, 180 Forest Avenue, Locust Valley, N.Y. 11560.

SHEILA CAMERA

Health

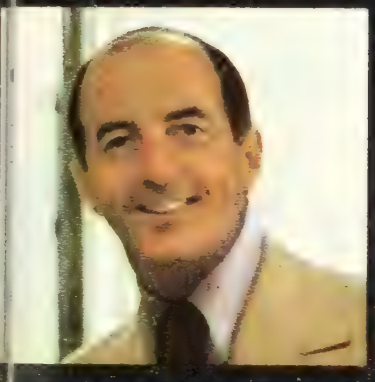
Buck up for backs

More and more experts are joining the search for the perfect chair—so that millions of Americans can help their poor backs. The latest entry is from British orthopedic surgeon, Dr. Bernard C. Watkin, a specialist in seating. "When you are born, the spine is a banana shape," he explains. "Eventually you finish up with a sort of S-shape. This is a compromise structure which allows you to remain upright without throwing too many stresses on your back. It is the loss of this S-shape when sitting that can cause back problems. When you are lying down, the pressure on the spinal discs are about 35 kilograms in a 70-kilogram man. When you stand, it shoots up to about 100 kilograms; and when you sit, it shoots up to about 150. So contrary to what people think, you're probably in greater danger when sitting than when standing. That is why right chair is vital." Dr. kin's chair incorporates a toured curve in the back w supports the lumbar re producing the S-shape, the position for the spine. An nary cushion may simply pr you forward; Dr. Watkin' sign is concave, so you wraparound support for back. Spine Design chairs r from $119 to $445, from A son International, 919 T Ave., New York, N.Y. 10

Left: Spine Design chairs that help give backs the proper support

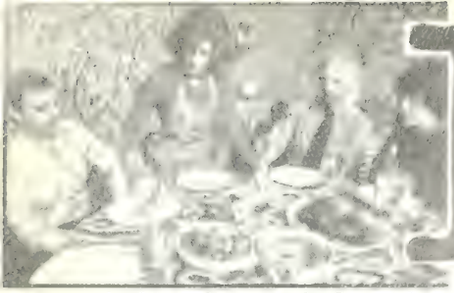
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Living

. . . everybody cooks, everybody eats!

Going slow in Ireland

Ever wish you'd lived pre-auto? A trip back in time comes with rental of an Irish caravan. Each little home-on-wheels, drawn by a slow-plodding horse along traffic-free roads, sleeps five at a squeeze, costs about the same per week ($90-$125) as a car. There's time to chat with Irishmen and women you pass on your five-hour, 15-mile daily trek. Calor-gas stove, cold-water sink, and gas lighting (electric if you're lucky) in the caravan make housekeeping possible. Showers come at $2-a-night campsites. (Take your own soap and towels.) Caravans may be rented from April to October, in Cork, Galway, Waterford, and Kerry. There's not much time for sightseeing once you've caught and harnessed your horse for an early start, but glimpses of castles and cottages, cathedrals and cattle all rest the eye. Great for couples or families with small children, impossible for loners, dreary with uncongenial company, so pick carefully. For additional details, write to the Irish Tourist Board, 590 Fifth Avenue, New York, N.Y. 10036.

ELSPETH FLYNN



Horse-drawn caravan in Ireland

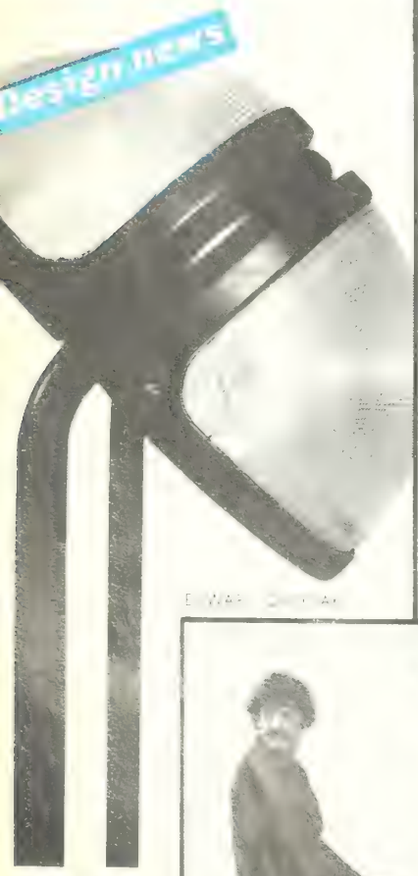
Gifts for the wild

Help!

If Charles Audubon were alive today, he might well be doing what six wildlife artists connected with the Frame House Gallery in Louisville, Ky., are doing: giving paintings away to help save the birds, animals, and flowers they paint. It started nearly 10 years ago, when 200 acres of Kentucky woodland were offered to the National Audubon Society as a wildlife sanctuary. Artist Ray Harm offered three of his prints free, to attract new members. Nine thousand people joined. Since then, Harm, Don Richard Eckelberry, Charles Harper, Richard Evans Younger, Arthur Singer and Anne Ophelia Dowden have given work to other nature preservation groups. "It's difficult to assess in dollars the sum total of work," says Wood Hannah of Frame House. "But thousands of people, who had only a casual interest in our environment, are now active conservationists."

Marabou, above, a bird worth saving

design news



"Totum" light, above, and with Antonio Morello, right.



High lights

A new modular lighting system, "Totum," from Italy consists of wedge-shaped plastic lamps that screw into the curved rim of black metal standing pipes. Base comes in two lengths, wedges are separate. The pipe will hold one to four wedges. Put four wedges together for a glowing ball. Tall base with one light, $275; short, $135. Imported by Morsa, owned by Donato Savoie and Antonio Morello, 182 Hester St., New York, N.Y. 10013.

Where there's smoke there's flavor

Nutritious and flavorsome, home-cured and smoked meats and fish can be done in this backyard smokehouse designed by writer and advertising man, Don Blauhut. The building will enhance any property, he points out. Site it in a clearing approximately 8′ x 10′. You need:



Blauhut's hand-built smokehouse

- **500 bricks, approximately**
- **12 6″ metal rods**
- **2 1″-x-32″ metal beams**
- **2 metal lath screens 24″ x 28″ (for smoking trays)**
- **¾″ plywood for door (18″ x 26″) and roof (each side 24″ x 48″)**
- **1 bundle 2nd-grade shingles for roof**
- **4 pieces galvanized tin for fireproofing—2 pieces for roof: 18″ x 28″; 1 piece for door: 18″ x 26″; 1 piece for firebox arch: 14″ x 18″**
- **piece sheet metal 24″ x 28″ with ½″ holes drilled every 6″ (smoke baffle)**
- **4 bags premixed cement**
- **Framing for roof and door: 4 two-by-fours 32″, 26″, 22″, 16″ long**
- **Wood trim for roof, latches, hardware**

To Build: Dig foundation for firebox and smoke chamber 1′ deep, 2′ square. Line bottom with pebbles, walls with larger stones. Cement in place. Make house 28″ x 32″ (firebox area is in front section so fat from meats won't drip and cause flames); layer bricks 2′. (Leave opening for door and arch for firebox.) Bend one piece of tin to form firebox arch; complete brick work.

When walls are 2′ high, place four metal rods in wet cement between bricks. Baffle rests on this. Layer more bricks 1½′. Put in four more rods (for smoking rack). Repeat another 1½′ and insert four more rods (for second rack). Layer 1½′; place 2 metal beams in wet cement front to back. Cover with 2″ cement. While still wet, place the 4 two-by-fours around top (frame for roof), and hammer long nails into wet cement between bricks for tight bond. Make plywood roof, cover each side with galvanized tin. Nail into place. The chimney is simply a tin tube with cone cover (available at hardware stores). Make hole in roof same size as tube and nail into place before shingling. Line door with tin, frame out and attach. Allow smokehouse to dry completely for a week. If you fire it up too soon the cement will crack.



Making a Milk-Made is almost as easy as sipping one. Here's how you do it: just shake two parts of your favorite Arrow flavor with one part milk, then pour it over ice—and voilà! Somewhere between milk and a martini something scrumptious happens.

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QUESTIONS & ANSWERS

antiques



By Louise Ade Boger

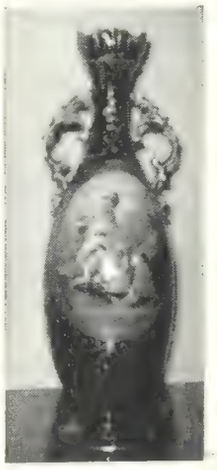
Plantation desk



What can you tell me about this large, old desk? Where was it used?
T.B.C.—Real de las Lomas, Mex.

Your typical plantation desk, dating about the 1850s, was probably made in a sizable center, as the quality is better than most. This class of desk was strictly for office or utilitarian use and was not intended for domestic purposes.

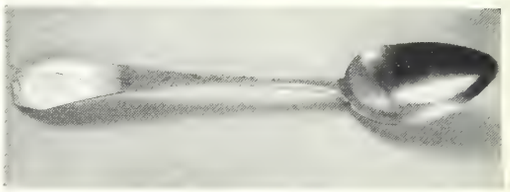
Viennese vase



The portrait on my vase is signed "Kauffmann." Was it painted by Angelica Kauffmann? How old do you think it is?
D.P.N.—Milledgeville, Ga.

The classical composition signed "Kauffmann" enclosed in a medallion on a cobalt ground was not painted by Angelica Kauffmann (1745-1807). The signature indicates that the Kauffmannesque type of subject matter recommended itself more than a century later, as it did so often to the porcelain decorators at Vienna and other leading centers in Europe. Your vase was made in Austria after 1890—perhaps before World War I.

Coffin-end spoon



Can you tell me anything about the style and background of this old spoon?
L.P.C.—Watertown, Mass.

The pattern of your spoon, whose squared-end, backward-bent handle is clipped at the corners seemingly to simulate a coffin, has been lugubriously termed "coffin-end." It is said that the universal mourning for George Washington, who died Dec. 14, 1799, popularized this graceful spoon design, which was introduced around 1800 and was entirely in accord with the classical taste for smooth, uninterrupted surfaces.

Meissen cup and saucer



I was told that the mark on real 18th- and 19th-century Meissen does not include the word "Meissen." Is this correct?
J.M.—Sherman, Conn.

If you are referring to the first true porcelain made in Europe, which was discovered by Johann Friedrich Böttger at the Meissen factory established in 1710 in the fortress of Albrechtsburg and first placed on the market at Leipzig in 1713, then you are correct. It was almost inevitable, however, that other porcelain factories would be started here, venturing to compete with Meissen and in so doing continuing the Meissen tradition, still the dominant inspiration. This is apparent in your cup with saucer made at a factory started by Ernst Teichert.

Continued on page 20



The artisan's concept of fashion and the influence of his rural life created much of the charm in French country furniture. For those who appreciate this style, reproductions are available through Baker Furniture retailers.

You are invited to send two dollars to Baker Furniture, Dept. 903, 10 Milling Road, Holland, MI 49423 for our Country French catalogue.

Baker Furniture
CABINET MAKERS

China trade teapot



My pewter teapot, inlaid with brass, has the word "China" on the bottom. Does this mean that it really came from China?
M.K.—Sedonia, Ariz.

Yes, your teapot was made in China sometime after 1890—perhaps around 1900. Its form is, however, totally European, indicating that it was made for the Western export market, which traces its beginnings to the period of oceanic trade that opened with the arrival of Vasco da Gama at Gos in 1498. Perhaps rather than pewter, it may be made of Chinese white silver or paktong, an alloy of copper (40 percent), nickel (32 percent), and zinc (25 percent) plus iron (2 or 1 percent).

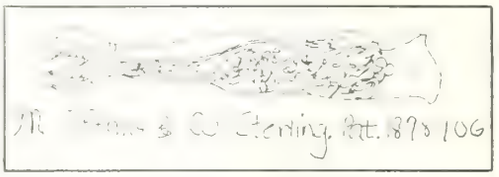
"Kitchen" clock



What do you know about my clock? It has "E. Ingraham Co., Bristol, Conn., U.S.A." on its face.
M.K.W.—Boynton Beach, Fla.

The embossed "Oak" or "Kitchen" clock was popular for a time from the late 1890s to about 1915. The larger clock companies made them, with perhaps Ingraham the largest producer. They were substantial, 8-day, long wearing; striking movements were used. The height was about 23 inches.

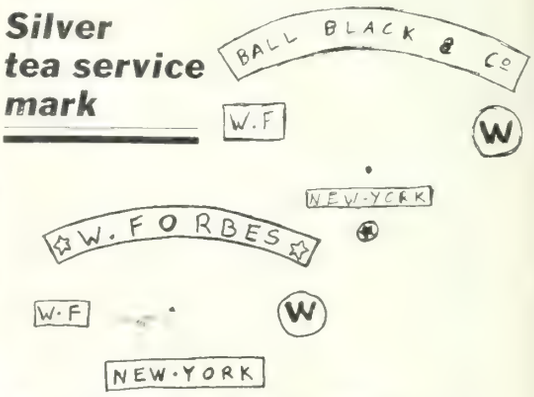
Tiffany silver tongs



I have a pair of Tiffany tongs. I am interested in knowing when they were made and what the "M" stands for.
L.M.—Hamden Highlands, Me.

Your sterling silver tongs were made by Tiffany & Co. in 1878 or slightly later. The "M" is the initial of Edward C. Moore, who was head of the silver factory and an officer and director from 1868 until his death in 1891. From that time until 1967, the initial of the firm's president is found on all Tiffany silver. They are: Charles L. Tiffany, 1891-1902; Charles T. Cook, 1902-1907; John C. Moore, 1907-1946; Louis de Bebian Moore, 1947-1955; William T. Lusk, 1955-1967.

Silver tea service mark



My tea service has these markings. Some pieces also have Ball, Black & Co. Can you explain the meaning of the marks?
S.F.—Lakeville, Conn.

The New York silversmith William Forbes, active about 1827 to the early 1850s, one of the finest silversmiths of the period, made your service for Ball, Black and Company, active 1851-1876, when it was succeeded by Black, Starr and Frost. So your tea service has a distinguished pedigree.

American cane-seat chair



I would like to know if chairs like mine were very unusual in their style.
O.D.G.—Grand Rapids, Mich.

This general class of factory cane-seat chair with turned and stretchered legs was extensively exploited by American chairmakers in the closing decades of the 19th century. A chair similar to yours is illustrated in an 1878 advertisement of more than 50 cane-seat chairs made by Philander Derby, operating in Gardner, Mass., and is reproduced in *The American Chair, 1640-1970* by Robert Bishop.

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'MENUET' MODULAR SEATING, PAGE 29 ROCHE-BOBOIS CATALOGUE

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How to gear your mind to think yourself slim

A new approach to weight control from psychologist Dr. Frances Meritt Stern at the Institute for Behavioral Awareness

By Caroline Seebohm



Do you think that the only way to lose weight is to go on a diet? Do you think that failing at weight control means there's something wrong with you? Do you hate what you see in the mirror? If you say "yes" to all these questions, you are probably one of the millions of Americans who have tried to lose weight with the hundreds of weightloss techniques on the market today; and you are also probably one of the millions saying, "It's no good. I just can't keep it off. I give up."

"Losing weight requires self-control, not willpower"

Well, take heart. Help is at hand from a group of psychologists—a not surprising quarter, considering the dramatic trend toward mind-and-body medicine that is beginning to influence the health profession. Dr. Frances Meritt Stern, Associate Professor of Psychology at Kean College, and director of the Institute for Behavioral Awareness in Springfield, N. J., explains the breakthrough. "I once asked a large group of women to raise their hands if they thought restrictive dieting was the way to lose weight. The great majority raised their hands. Then I asked them, 'How many of you are now normal-weighted because of restrictive dieting?' 90 percent of the hands went down. *Yet they didn't see the connection.*

"We work in cause and effect logic: which means we help you develop the kind of control where you are pulling the strings on yourself. We help you help yourself—and that's how you learn self-control."

Dr. Stern's approach is "thought restructuring." The idea is that your mind is some sort of computer, programmed a certain way, with negative, erroneous thoughts about yourself, your food, your relations with other people and the world. Dr. Stern's colleagues help you to reprogram your mind with more positive, assertive appropriate statements.

This is actually an example of behavioral therapy, but at the Institute for Behavioral Awareness, the techniques are specifically geared to overweight people with their particular attitudes and feelings. The mind exercises that Dr. Stern has developed for these people are highly original and demonstrably effective, and with her program coordinator, Ruth S. Hoch, she has collected many of them in a book, entitled *Mind Trips to Help you Lose Weight* (Playboy Press, $8.95). (Both Dr. Stern and Mrs. Hoch lost weight dramatically by this process: In one year, Dr. Stern lost 48 pounds and Ruth Hoch over 60 pounds—and they have both kept it off.)

"We've taken the behavioral method and applied it to the general human condition," explains Dr. Stern. "When people first come to us, we ask them to fill out an interview sheet that asks questions such as, "What's important in your life?" "What do you think your biggest success is?" "What do you say to yourself when you overeat?" We want to show people that if they've been successful failures, they can also be successful successes. Most people can help themselves, but they simply don't know how." The ultimate goal of this process is to liberate yourself from the vicious cycle of being upset, overeating, and becoming more upset.

How much do you really know about weight control?

Dr. Stern has come up with 5 important questions about weight that show whether you understand the underlying truth about losing it. Test how much you know by marking the boxes —not what you think is right, but what you really *feel*—then turn to page 111 for the answers.

1. Losing weight requires a great deal of willpower.

True ☐ **False** ☐

2. Many people seem naturally to overeat.

True ☐ **False** ☐

3. Food seems to jump into your mouth.

True ☐ **False** ☐

4. Some people don't have the ability to imagine.

True ☐ **False** ☐

5. Your mind and your body are separate parts of yourself.

True ☐ **False** ☐

Here are seven exercise oped by Stern and leagues that may h change your mind t your weight:

1 LIST 20 THINGS THAT TURN YOU

Many people le overeat because given as a reward been a good girl, cookie. Dr. Stern sugg you list 20 everyday th are pleasurable, and use them instead of fo wards. "They do not h something you buy or can be 'mind trips.'" stance, Ruth Hoch seeing her two children both away—and that m feel good. It can be tha

2 TEN FINGER EX

"We recomm learn this," Stern. *"You ca tablespoons of and not get fa* erything, but Now for that to sin saying it ten times, each finger, 'I can eat spoons of anything I li way, you program it mind. Another ten fin cise is to say to yourse an unconditional rig human being to be ha some people, only by that idea ten times a they begin to believe it ally, what you have med in by this exercise part of your thinking come to mind when need it."

3 EAT WHAT Y SHOULDN'T

People often simply can overeating. says Dr. Ste make sure y can't stop. Set a ti

Continued o

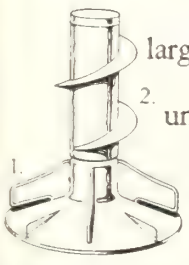
Fill 'er up!

Ronnie finished his tree house. And just about finished:
1 sweatshirt
2 prs. shorts
3 T-shirts
3 prs. sweatsocks
2 bath towels

Cindy made the softball team. Uniform on order. Meanwhile:
1 sweatshirt
1 pr. socks
3 towels
4 hankies
2 washcloths

Mom leads the fill 'er up parade with:
1 tablecloth
1 apron
3 nighties
2 twin sheets
2 standard pillowcases
3 shorts
5 T-shirts

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Ever try washing a really big load in a large-capacity washer with a standard agitator? If so, the chances are you didn't get a uniformly clean wash. Some clothes got trapped on top, never getting *down to the agitator paddles* where the cleaning action is most intense.

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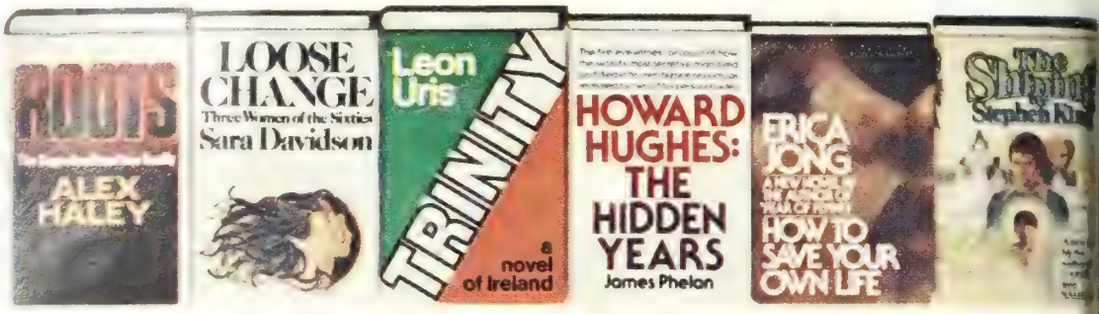
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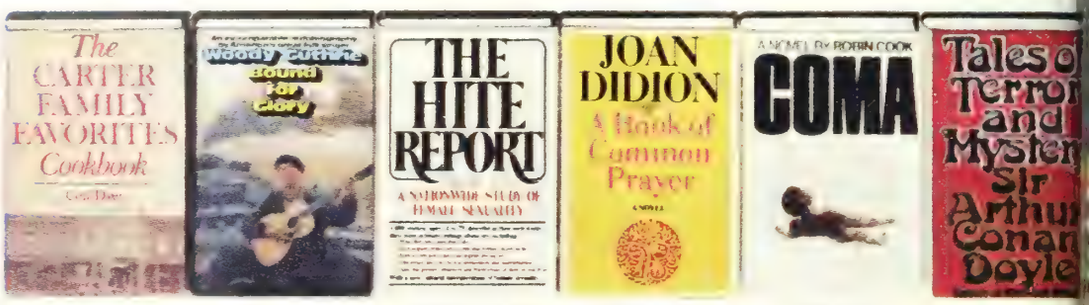
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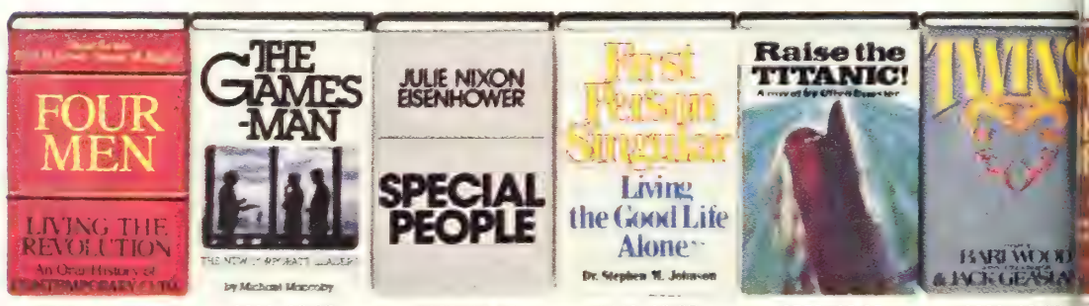
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How much do you know about weight control?

continued from page 22

every ten minutes, you have to eat—for an 8 hour period. If you have a certain passion for, say, chocolate doughnuts, then eat one every day. You'll find that you can stop all right. I had a client who compulsively ate chocolate doughnuts, and after making her eat one a day for some time, she finally came to me and said, 'I'm ready to quit.' And I said, 'No, you're not.' You must go past the point where you don't want the food any more. The point is not that she began to hate them, but that she was *allowed* to have them. Before, they were forbidden fruit, and that was the compulsive factor."

4. WHAT YOU SAY TO YOURSELF WHEN YOU BINGE EAT

Binge eaters usually talk to themselves while they eat, and what they say is very negative. "I hate myself." "Why am I doing this?" "Is something wrong with me?" They torture themselves while they eat. Dr. Stern asks that you question these negative statements. "Are you capable in any other ways? Is there anything else you have done besides eat? Do you run a household? Look after children? Work hard at your job? Dr. Stern tries to replace the punishing thoughts with positive ones, so that the binge eater can cope better and become more creative when faced with food. In this context she also suggests you develop a sidetracking technique, such as imagining a place where you have been happy or feel comfortable, and bring it to mind clearly, with sounds, smells, colors, and so forth: This helps you enjoy pleasant feelings without recourse to food.

5. REHEARSING

"There are many times when you want to control your eating, but can't bring yourself to do it," says Dr. Stern. "But you can do it in your head. That gives you internal practice. Say you're going to a wedding, where there will be wall to wall hors d'oeuvre. Try rehearsing going into the room, seeing the food, and acting appropriately. This gives you an idea about how you can control yourself, how you can be in charge. We simply teach you that you are responsible. Then when the real life situation happens, you are prepared and can cope with it."

6. ANALYZE WHAT YOU WANT TO EAT

"When you eat, try and get involved in your food. Notice the taste, savor it on your tongue, start enjoying it," suggests Dr. Stern. "Then, when you begin to feel like eating something, analyze precisely what taste it is you want. Overweight people tend to crave food—to eat for the sake of eating—and as they do not know what they really want, they are never satisfied. Try to select out what you are after in terms of taste, and then go for that, nothing else. This will prevent you from consuming a lot of junk food that won't satisfy you." Dr. Stern tells clients if it's sweetness they really want, "take a teaspoon of sugar. It's 18 calories of pure sweetness, much better for you than devouring twenty cupcakes."

7. PARTNER SUPPORT

Dr. Stern's treatment involves the clients' spouses or partners, if they have them. "We ask them to catch their wives or husbands doing something *good*," she says. "It's easy to catch them snacking. But it's much more helpful to reinforce their good behavior." Sometimes the husband or wife of the overweight person becomes threatened by the possible change in the personality of the spouse through the loss of weight. Dr. Stern's colleague, Ruth Hoch, recalls the situation where the husband always used to bring home cake for his wife, who was in the weight control program. "The truth was, he did not want her to change. But as often as he brought the cake home, she would throw it out, and finally he stopped and accepted the fact." Dr. Stern explains that this is a well-known syndrome, and should be understood by husband and wife. "Some people choose to remain overweight," she says. "What they are getting from being overweight is more valuable than getting thin. Maybe losing weight would put too much stress on the marriage."

Most couples, however, in Dr. Stern's experience, can benefit enormously from the weight control program. "As a person loses weight, he or she becomes a more positive, confident person, and this carries over into the marriage. Someone who feels good about him or herself will be a better person to live with. And to have support from your partner while undergoing weight loss can have a value that is much more profound than the simple encouragement—it can bring out a new strength in the relationship, and a new confidence both individually and with each other."

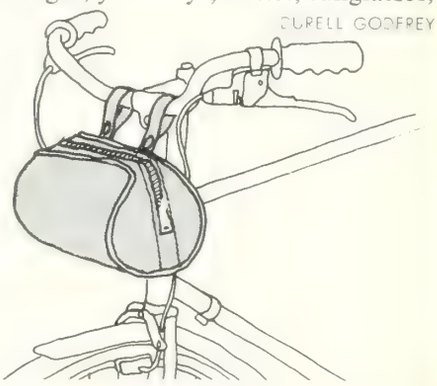
These are just some of the techniques that are used at the Institute for Behavioral Awareness. You will notice that going on a restrictive diet is not one of them. "It's hard for people to accept this idea," says Dr. Stern. "Yet it's what's going on in your mind that affects your body, and what we are doing is getting at your mind, at all the wrong thinking that makes you overeat. Failing at weight control doesn't mean anything is wrong with you, or that you are a wicked person. It simply means that you are not using your mental skills properly, or that you do not have those skills yet in your repertoire, and must learn them." By changing your attitude to a more positive approach, you can liberate yourself from guilt and learn to cope with everything in life more successfully.

As well as the book, cassette tapes or records are available for home use, suggesting exercises and "mind trips" for

Continued on page 111

Beauty and health products new this month in the stores

Discovered! A lovely, flower-fragranced soap that doubles as a shampoo (triples as a potpourri if you just take the wrapper off). **Head and Body Purifier** is a hefty 5-ounce glycerine soap scented with blooms from the famous Spanish garden of Caldas de Montbury. It's so mild that it can be used with automatic cleansing brushes by those who love a well-scrubbed feeling. $2.50 a bar to order from *Gil Ferrer Salon*, 21 East 74th Street, New York, N.Y. 10021 . . . A new and very light summer fragrance that lasts and lasts is called **cie**. The trend toward scents that are stronger than cologne though not as heavy as perfume inspires lavishness. Since the scents are usually much less expensive, you can get an added summer delight by trying out each one. **cie** does come in perfume, in case you decide you love it. From $5 at department stores and drugstores . . . Got a bike? Here's a **Bike and Hike Bag** to strap onto the back of the seat or tie around your waist. It's pale blue denim piped with white and comes filled with **Blue Jeans Cologne** and **Perfumed Body Powder**. The bag's large enough to hold a flashlight, your keys, wallet, sunglasses,



whatever. $9. Both **cie** and the tote bag are by *Shulton* . . . Traveler's aid—anything you take with you to keep you looking fresh and relaxed during the "transit" parts of your vacation. Here's a group of cleansing products to help the weariest of us feel refreshed. **Fresh-Ups** are pure linen face-blotters that won't disturb your makeup. They're also lint-free and will not smear anything. 200 come in a small vinyl pouch for $1.50. **Fresh-n-Eyes** are foil-wrapped eye-masks—helpful on night flights especially. They're saturated with a mild, soothing lotion that's welcome in that dry, cabin-pressure air. Six for $2. **Nail Polish Remover Pads** are space savers in your makeup bag. One pad does both hands quickly. Fourteen for $1.35. All by *Andrea* at drugstores everywhere in America and Europe . . . One of the prettiest new groups of lipsticks offered this summer is **Dawn Embers Silksticks** by *Coty*. The colors are romantic, flattering to a tan, and the six shades are all on the slightly brown

Continued on page 111

Soap and water:
Should you use it if your skin is dry?

If you've got to get your face clean but you have dry skin, you can't use soap or it will dry out even further. Right? Think again.

In the first place, many dermatologists feel there's no better cleanser for your face than soap and water. And you already know that no combination of creams and fresheners ever leave your face feeling as clean.

In the second place, it depends on the soap. Ordinary soaps are made only to "take": to take away dirt and makeup. In the process, they also take away some of your skin's natural moisture and oils, which you can't afford to lose now that you're no longer a rosy-cheeked, dewy-skinned young girl.

You need a soap with "give" as well as "take." Now there is one. New Neutrogena® Dry Skin Soap. Not only does it take away surface dirt and makeup as mildly and effectively as our regular Neutrogena® Soap. *It does more.*

It gives very dry skin something it needs. *Extra protection.* An invisible layer of two emollients that stays on when the dirt rinses off. And, as you know, emollients are those wonderful substances that help skin retain moisture and act as a barrier against further moisture loss. The process is called hydrating the skin. (Instead of dehydrating, which many soaps do).

How does it work? Two special hydrating agents* have been added to the original Neutrogena formula to make new Neutrogena Dry-Skin Soap. They're very much like the ingredients in moisturizers. And that's why this new soap will immediately leave your dry skin feeling softer and smoother than you're used to with other soaps.



Give our Neutrogena Dry Skin Soap a try. You may be in for a great treat: the fresh, clean feeling of soap and water on your face, and none of the worries.

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By Richard Langer

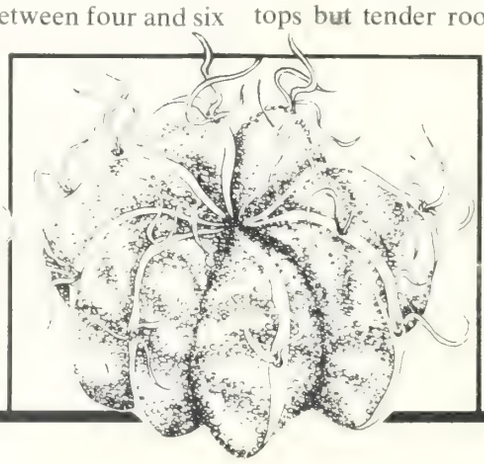
Captivating cacti

Cacti in the house are a much less prickly proposition than they would at first appear to those not already familiar with them. Easy to grow, they practically care for themselves—even while you're away on vacation. By design, they have built-in protection to fend off marauding animals in the wilds—useful indoors, too, for keeping the family cat and dog at bay. Besides all that, cacti produce some of the most spectacular blooms this side of the orchid world. Although it's true that some species have fearsome spines, these protrusions often may form such striking geometric patterns that they alone add enough variety and form to your plant collection to justify their inclusion.

If you've never considered cacti before, the horticultural rules are simple. First there is light. Although cacti are usually associated with the bright noonday sun of the scorching desert, most of these plants do not need that much light. Even in the desert, the best specimens often grow in the shade of a large boulder. Jungle cacti, the epiphytic, almost thornless species such as the familiar Christmas cactus, grow in the treetops where they receive only bright dappled light. Rarely are they warmed by the direct rays of the sun. Desert cacti raised as houseplants need between four and six hours of sun, or a full fourteen hour day under artificial light. Cacti do very well when 8 to 12 inches below fluorescent lights. So supplied, not only are they more floriferous, but their general tone and color are better than those of wild counterparts. So don't let a lack of natural light stop you from bringing them indoors.

Speaking of fluorescence, tight shoes make cacti bloom. The plants should not be repotted more often than every three or four years. This may make a cactus appear a little too large for its pot, but it cuts down on work. And it is indeed the key to blooming success. When you do repot, remember that cacti have tough tops but tender roots. Use a cactus potting mix. Disregard the usual post-potting bath you give other plants though. *Don't* water a cactus till it's been in its

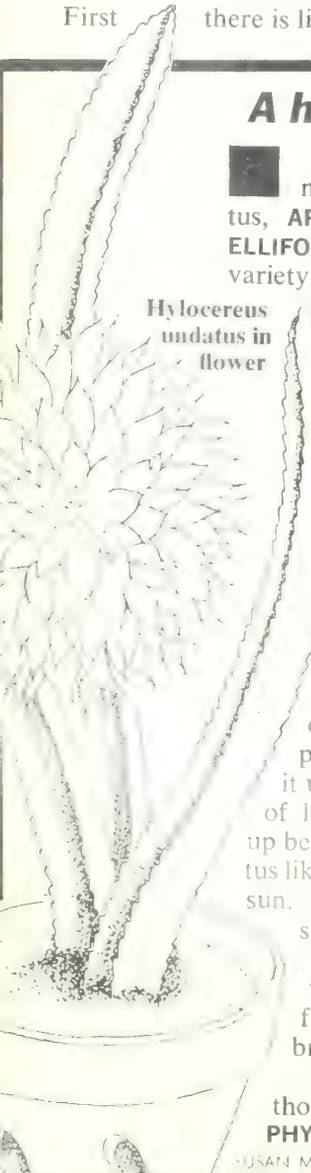
Continued on page 111



Above left: In room by Michael de Santis, cactus and planters by Linda Trinkle Wolf. Left: Astrophytum capricorne

A handful of prickly ones

Despite its popular name, the rattail cactus, **APOROCACTUS FLAGELLIFORMIS,** is an attractive variety. It's also an unusual cactus in that its up-to-4-foot-long, thin branches make a striking display in a hanging basket—a rather unusual location for cacti. These same branches break off readily, and they will root in any pot on which they land. So don't disturb your plant when tending it unless you want lots of little ones sprouting up below. The rattail cactus likes warmth and good sun. Fertilize well in spring and summer, and you will be rewarded with a profusion of small, bright red flowers.



Hylocereus undatus in flower

SUSAN McNEILL

For outstanding thorn shape, **ASTROPHYTUM CAPRICORNE,** the goat's horn cactus, is hard to beat. A smallish globular plant, it is covered wildly with long sickle-shaped spines. It is also decorated with small whitish freckles. These are natural, so don't start worrying about pests. The late-summer blooms of the goat's horn cactus are followed by striking woolly fruit. The seed germinates readily the next spring, although it takes a few years of patience to grow specimens to maturity this way. Keep the plant warm and sunlit.

Cactus blossoms include some of the largest in the world. **HYLOCEREUS UNDATUS**, the night-blooming cereus, sprouts white flowers up to a foot in diameter. Their fragrance matches their size, with a single bloom capable of filling a whole room with almost overpowering perfume—for a night. That is the plant's tragic detraction. The blooms open and then fade in a single evening. But more than one family has been known to wait up half the night to watch *Hylocereus* put on its show. Night-blooming cereus needs only an hour or so of sun a day. But unlike most cacti, the Honolulu Queen, as this plant is also known, needs rich jungly earth similar to that in its native habitat. Use African violet soil and never let it dry out.

The **MAMMILLARIA** group of cacti are about as easy to grow as plants can be. Round and pincushiony, they produce a variety of small blooms followed by brightly colored fruits. They like sun but do not need surroundings particularly warm. Fertilize during the main spring and summer growing season. Come fall, try to remember to water once a month or so. That's all there is to *Mammillaria* culture.

If you're short on space, want to grow cacti, and like flowers, try the crown

Continued on page 111

Easy to grow—and they practically take care of themselves

Cactus suppliers

Desert Nursery
21595 Box Springs Road
Riverside, Cal. 92507
Catalog 50¢

K & L Cactus Nursery
12712 Stockton Boulevard
Galt, Cal. 95632
Catalog 75¢

When you really become involved with cacti, consider joining the Cactus and Succulent Society of America. You'll receive their bi-monthly magazine. You can write to them at Abbey Garden Press, P.O. Box 3010, Santa Barbara, Cal. 93105.

Benson&Hedges 100's

what else can it do but smile.

that's the breaks.



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18 mg. "tar," 1.0 mg. nicotine av. per cigarette, FTC Report Dec. '76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Builder: Robert Solomon, President, S.I.R. Developers, Inc., Garden Grove, California

New PPG Solarcool® glass for homes is a beautiful way to cut air conditioning costs.



Until now, PPG Solarcool Bronze reflective glass was used mainly for commercial buildings and institutions.

Now, it's available in ⅛-inch thickness, which makes it practical for homes, too.

In this model home nestled in the foothills above Anaheim, California, PPG Solarcool reflective glass looks perfectly stunning. But it has a practical side, too—the inside. Compared to clear glass, PPG Solarcool Bronze reflective glass delivers a 15- to 18-percent energy saving in air conditioning in this house—by reducing heat gain from the brilliant Southern California sunshine. (Data based on PPG computer energy analysis of this actual model. In other locations, savings could be even greater.)

In the daytime, the subtle, mirrored facade of Solarcool sharply reduces visibility from the outside: when you're inside, you can enjoy comparative privacy.

At the same time, it's a lot nicer to look out at all the sunlit flowers because the glare is cut down. And ultraviolet light, a major cause of interior fading, is greatly reduced.

Your builder or remodeler will appreciate the fact that it's in ⅛-inch thickness—standard for residences. It's practical for them to work with because it can be cut, fitted and fabricated into insulating units right in your own area.

Why not get the advantages of PPG residential Solarcool reflective glass. Write for our free 8-page color brochure. Or ask your PPG distributor or dealer for all the money-saving details.

PPG Industries, Inc., One Gateway Center, Pittsburgh, Pa. 15222.

PPG: a Concern for the Future

PPG INDUSTRIES

How to shade and landscape your house to save energy

By James Fanning

Your own doorstep may be the best place to start looking for solutions to the energy crisis. Assuming that your house is well insulated, with tight windows and doors, its surroundings can play an important part in preserving heat during the winter as well as in cooling during the summer. A single shade tree, strategically placed on the south or west side of the house, can equal the cooling effect of a sizable power-driven air conditioner. Not only does the tree shade the roof, windows, and outdoor sitting area, on sunny days it actually creates its own breeze. Since the shaded area under the tree's branch spread is cooler than its surroundings, air is drawn in and moves upward through the branches, creating a current that moves through nearby doors and windows. This gentle movement of air is quite different from the icy blast of an air conditioner—most people find it far more pleasant, and besides, it's noiseless. A deciduous tree—one that sheds its leaves in the fall—is best for this purpose. Bare branches allow free passage for low-angled rays of the winter sun, with a definite fuel-saving effect in whichever rooms the light penetrates.

Six top shade trees

Here are the top six shade trees for most parts of the United States:

1. **European beech,** *Fagus sylvatica.* A magnificent, long-lived, very large—eventually—and generally pest-free European tree that has been grown in this country for generations. The purple- and copper-leaved varieties are particularly beautiful, but the plain green species is just as good for shade.

2. **Little-leaf linden,** *Tilia cordata.* A common street tree in Europe, this linden, sometimes called lime tree, has flowers with a delightful perfume in midsummer. The top is dense and very symmetrical, making it particularly good for shading a patio or terrace.

3. **Pin oak,** *Quercus palustris.* A straight, upright trunk and spreading horizontal branches make this American native an ideal shade tree. Hardy everywhere and resistant to extremes of dryness and wet. It is also one of the few oaks with handsome fall coloring. Pin oak is also resistant to wind damage and drops very little in the way of litter.

4. **Willow oak,** *Quercus phellos.* Narrow, willow-like leaves give this native of the southeastern states its name. The horizontally-branched, symmetrical top casts a fine shade all summer long. However, it is not reliably hardy north of the latitude of New York City.

5. **Sweet gum,** *Liquidambar styraciflua.* This native of the eastern coastal region has interesting, star-shaped leaves and a rather irregular but wide-spreading top. A fresh, light green all summer, the leaves turn beautifully varied shades of yellow, red, and purple in the fall. A possible objection to sweet gum is the spiny seed cluster, which can be decidedly uncomfortable when stepped on by a bare foot. It is hardy as far north as Boston and seems to thrive in either dry or swampy ground.

6. **Sugar maple,** *Acer saccharum.* Best known as the source of maple syrup, sugar maple is one of the finest of all North American trees. The top is rather open, but leafy enough to give really effective shade. Fall color may be either red or yellow—whichever it is is truly spectacular. Hardy well into Canada, sugar maple is easy to transplant and not particular about soil or location. West of the Mississippi, the native black maple, *Acer nigrum,* is very similar and may be used in the same way.



Well-planted tree cools house in summer, allows sun to warm rooms in winter

Tips on planting

As a general rule, when planting a tree for shade, start with the biggest specimen your budget can stand. Have the planting done by a reputable nurseryman and follow his instructions about how to care for the tree after it is planted. One point that cannot be too strongly emphasized is that stakes and guy wires must be kept snug and taut for at least two years after any shade tree is planted. Failure among

Continued on next page

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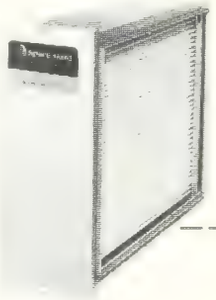
cleaner air

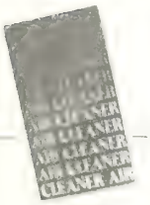


less cleaning, decorating

Cleaner air is a constant benefit in your home with a Space-Gard air cleaner. You'll breathe air that contains less dust, pollen and other pollutants. So there's less dusting, cleaning, re-decorating to do—less aggravation of allergies. You'll like the way a Space-Gard air cleaner keeps your home cleaner—without using electricity or producing ozone. You'll like the price, too.

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Full of interesting examples of remodeling projects — from the simple installation of a bay window to the addition of an entire second story. Tells how important it is to your checkbook to pick the *right* windows. How you can cut rising heating, air conditioning, and maintenance costs. How you can wash windows from the inside, *easily;* eliminate screen and storm window bother. Shows types of windows available, in conventional wood, or wood with an aluminum exterior that needs no painting. And different window and door treatments in various architectural styles. Send today!

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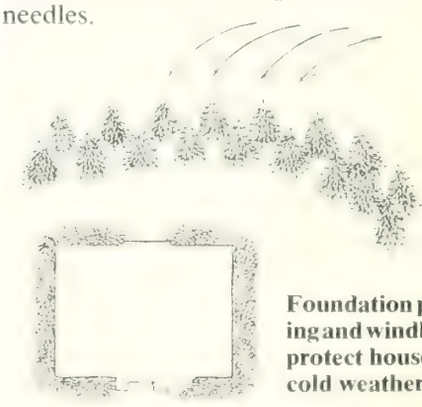
Mail to:
Pella Windows & Doors, Dept. CO3H7,
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Shade and landscape
continued from preceding page

newly planted trees is often due to slack or broken guy wires, loose or broken stakes that allow the tree to wobble in the wind and break new roots under ground before they have a chance to become established. Visit the nursery and choose the right tree for your particular location. If you intend to sit under its shade, the tree should have branches no closer to the ground than seven feet, which is enough head room for all practical purposes. Choose the planting location very carefully, keeping in mind the fact that the hottest summer sunshine comes in the afternoon, when the sun moves into the northwest part of the sky. Be careful, too, not to get too close to the house. Remember that tree branches should never scrape against shingles or siding, and that dense foliage right up against a window can impede air circulation instead of helping it. At least 20 feet of clearance should be allowed between tree trunk and any part of a building—more than that for trees with potentially wide-spreading branches, like beech.

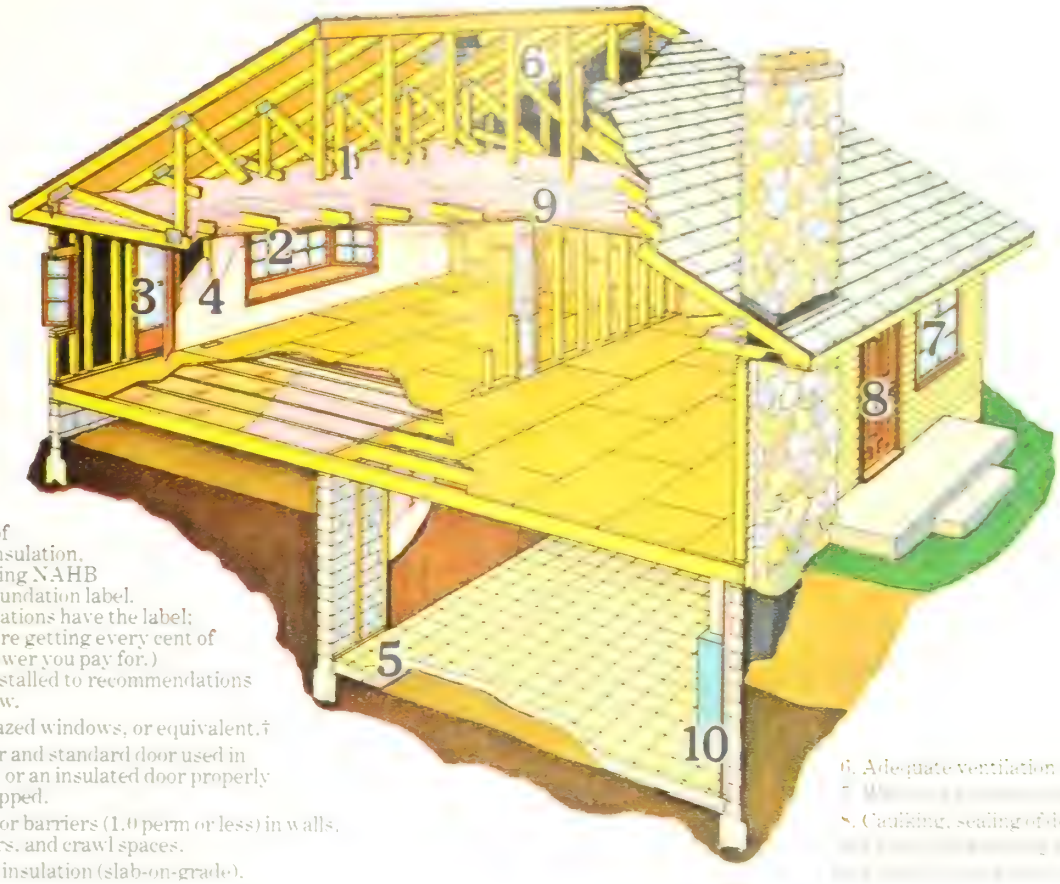
Evergreen bonus

Evergreens play their part, too, when it comes to conserving energy. A windbreak of pine, hemlock, or arborvitae on the side of the house toward prevailing winter winds will be a definite help in cutting fuel consumption. A double or triple row of trees is much more effective than a single row, and the plants should be close enough together to form a solid mass after a few years of growth. Keep in mind, though, that a windbreak planting should not be close enough to the house to stop summertime breezes or clog gutters and downspouts with falling needles.



Foundation planting and windbreak protect house in cold weather

Particularly vulnerable to cold air is the joint where foundation and house siding meet. An evergreen foundation planting will go a long way toward keeping cold air away from this weak spot. Spreading yew is particularly effective in this location—mountain laurel and rhododendrons perform equally well. Keep the plants within bounds, though, and don't let them grow tall enough to cut off light and air from windows. And finally, don't forget that trees cut for thinning purposes, dead branches, and prunings of all sizes make excellent fuel for a fireplace or Franklin stove. ■



1. Blankets of Fiberglas‡ insulation, with reassuring NAHB Research Foundation label. (Not all insulations have the label; it shows you're getting every cent of insulating power you pay for.) Insulation installed to recommendations on map, below.
2. Double-glazed windows, or equivalent.†
3. Storm door and standard door used in combination, or an insulated door properly weather-stripped.
4. Use of vapor barriers (1.0 perm or less) in walls, ceilings, floors, and crawl spaces.
5. Perimeter insulation (slab-on-grade).
6. Adequate ventilation of air and moisture.
7. [illegible]
8. Caulking, sealing of doors, chimneys, etc.

Show this ad to your builder. It could save you thousands on future heating and cooling costs.

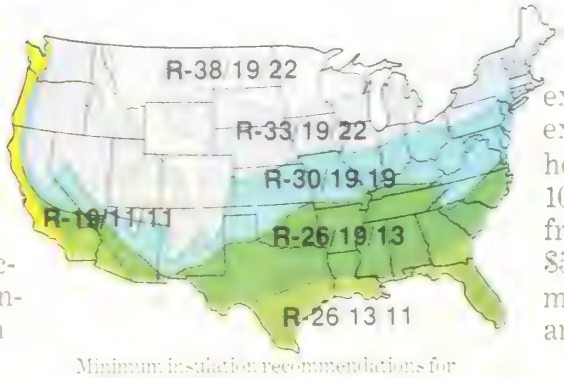
Announcing the energy-efficient home

Here it is—an answer to one of the biggest problems of our times.

That house above is no particular *style*. It can be a ranch, contemporary, or any other design you might want.

But it's a complete *system* for saving energy—and fuel bills.

The thermal experts at America's leading manufacturer of insulation, Owens-Corning Fiberglas, have developed it,



Minimum insulation recommendations for [illegible]

based on experiments of the last decade.

Right now, such energy-efficient homes are being tested *and metered* to determine the exact size of savings you can expect. All indications are that homes built to Owens-Corning's 10-point specs could save you from $1,000 to as much as $5,000* over the life of your mortgage, depending on where and how you live.

And construction costs can be comparable to those of conventional housing!

Take the first step toward an economical, energy-efficient home now. Show this advertisement to your builder.

‡Reg. T.M. O.-C.F.

*[illegible]

Owens-Corning is Fiberglas

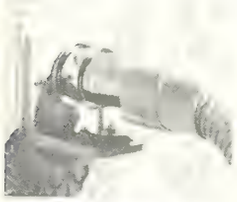
OWENS/CORNING FIBERGLAS

NuTone's Built-In Cleaning System.



Quiet! Lightweight! Powerful!

'Light and easy' is the way you vacuum your house, with Central Cleaning by NuTone. The superpowerful motor is hidden quietly away in the basement or utility room. And all you do is insert the flexible hose to "inlets" that are built right into the wall.





Cleaner...

because the system vents outdoors, to rid the air inside of even the finest dust.

Convenience...

No lugging of heavy motors, no stooping and straining to plug and unplug cords, no perpetual changing of dirty little soil bags. Best of all, NuTone's Central Cleaning System can be quickly installed in new or existing homes.

Please send me FREE information about NuTone's Central Cleaning System:

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Address _____

City _____

State _____ Zip _____

Phone _____

NuTone Housing Products

Scovill

Dept. HG-1C-8 Madison and Red Bank Roads
Cincinnati, Ohio 45227

HOME IMPROVEMENT IDEAS

for the house fixer

FIXING UP LEAKS

By Deanne Raffel

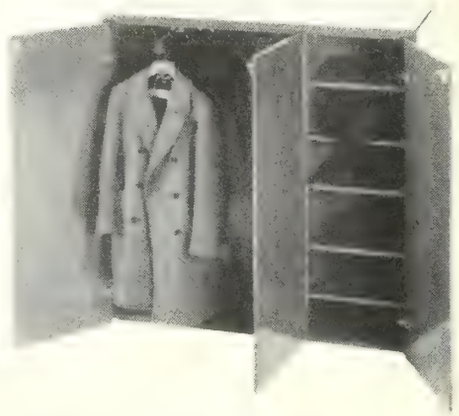
Moisture problems on ceilings are often the result of cracks in the seams between the bathroom tiles or shower floor. The area adjacent to the tub shelf is notorious for joint separation. Check corners of tiled walls, crevices around the tub grab bar, and even the point where the tub meets the floor. The seams between tiles and bath fixtures are filled with finely ground cement called "grout." This material sometimes opens up leaving cracks or crevices. If the initial installation was done sloppily the grout may fall out in small pieces. To correctly repair joints and reseal with grout, the entire area must first be cleaned. Remove mold and mildew with laundry bleach. Use a window scraper to take off lime deposits, which may have built up, leaving a dull, whitish-colored layer on the tiles—but be careful not to scratch the ceramic. Now rub the surface with cleanser sprinkled on a dampened plastic scrubber and rinse with clear water.

For the repair job, you will need a dental probe, a can of prepared grout (acrylic latex type), clean sponge, two buckets filled with water, a small squeegee or several pieces of cardboard, a spoon, and a clean dry cloth.

With the dental probe scrape out loose grout. Run the probe up and down the cracks to open them up. Scoop up a spoonful of grout, spread it along the edge of the piece of cardboard or on the squeegee. Work the grout well into the seams over an area about 2 feet square—not the entire wall at once. Let the material set for 15 minutes or so. Wet the sponge and squeeze out some of the moisture. Wipe the tiles and joints several times with the sponge, working on the diagonal. Keep rinsing the sponge, first in bucket number one and then in number two. The water will get milky so change it a few times. *(Note:* If you use cement grout rather than the latex type, do not pour the water down the toilet or drain. Dispose of it outside.) Wipe the tiles until they appear clean. Wait 45 minutes, polish off the thin layer of grouty film.

If the seam between tub and adjacent wall is large, a considerable amount of grout will be needed. Push the creamy mixture well into the opening. Cover the entire length of the joint with grout before wiping. Wait 15 minutes; if too much comes off onto the sponge, give more setting time. A few applications may be necessary to completely fill the joint flush. Wait 5 days before using the shower if the area required thick grouting, otherwise it will break down before it has had time to cure properly.

New story on storage



Storage units in the Katonah line are as convenient as built-ins but are movable and have the luxury finishes and details of fine furniture. The wardrobe, 55 inches long, 20 inches deep, 54 inches high, comes in oak, walnut, teak, or white lacquer and also in 37¼- or 72½-inch lengths. It may be ordered in six exotic woods or seven rich colors with Mirror Gloss or Lo-Glare finishes. Supplied with pull-out clothes hangers, shelves, no visible hardware, and touch latch doors. Through architects and decorators. $1135. Intrex Inc., 150 East 58th Street, New York, N.Y. 10022.

Continued on page 40



"THE GE POTSCRUBBER II DISHWASHER. BELIEVE ME, IT LIVES UP TO ITS NAME."

If you want a dishwasher that scrubs pots, believe me, you want GE's Potscrubber II dishwasher.

It might not do everything, like burned-on soils, but it sure cleaned this pot of baked-on beans. With no pre-scrubbing or rinsing. We just tipped off the large, hard scraps.

And the Potscrubber II dishwashers are the quietest dishwashers GE has ever made.

Plus the PermaTuf™ interior won't ever chip, peel or rust in normal use. The Potscrubber II dishwasher even comes with GE's ten-year PermaTuf tub protection plan.*

The Potscrubber II dishwasher. It lives up to its name. And it's backed by GE Customer Care® service.



*In addition to the General Electric dishwasher warranty, if the PermaTuf™ tub or door liner should fail to contain water due to a manufacturing defect such as cracking, chipping, peeling or rusting within the nine (9)-year contract period (ending ten years from purchase date), General Electric will repair or replace the tub or door without charge for either parts or labor unless failure is due to misuse or abuse. This Service Contract applies to dishwashers installed and retained for home use within the 48 contiguous states or D.C. Not applicable to Alaska, Hawaii, Virgin Islands, Guam, American Samoa, Canal Zone or Puerto Rico. Service will be provided by our Customer Care Factory Service Organization or by one of the franchised Customer Care® servicers.

GENERAL ELECTRIC

BUILT-IN MODEL GSD 1670

merry
christmas

Doesn't it have a happy, joyous ring? Even now.. with sand in your sandals and leaves still green on the trees? Take a moment.. send for our Christmas catalogue, coming your way in late October so you can shop at home easily. Naturally, if you have a charge account you'll receive it automatically.
Oh, and once again ..
Merry Christmas!

bloomingdale's

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Spoil yourself

Add a Rinse-Quik

Sure, it's a you-can-live-without-it luxury item.

But rinsing dishes, drainboards, vegetables—and shampooing, too—has never been so simple, easy, quick. The cost? About $10 when purchased with any major brand faucet.

Treat yourself; insist on it.



Rinse-Quik

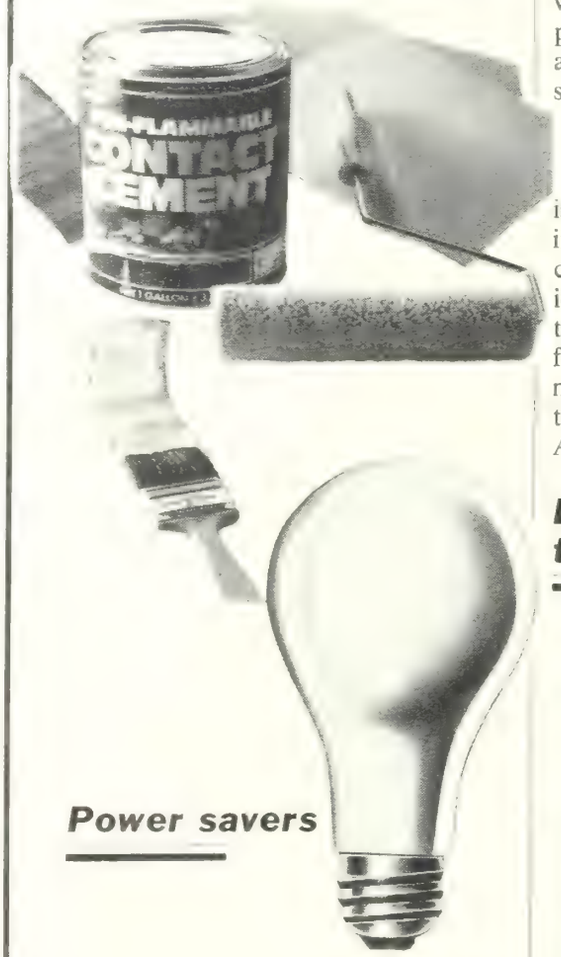
(**Dish-Quik**—with brush and detergent dispenser—a little extra luxury, for about $15 more.)

MODERN FAUCET MFG. CO.
1700 East 58th Place
Los Angeles, CA 90001

continued from page 38

Instant action cement

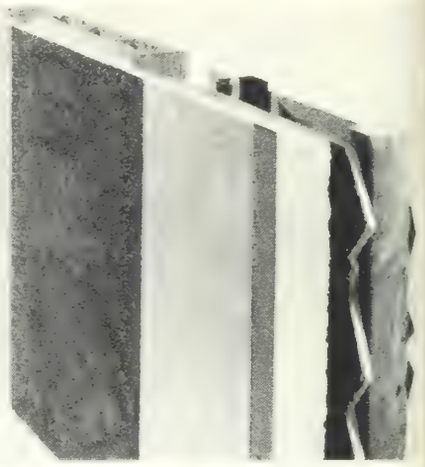
A cement that firmly bonds plastic laminates such as Formica, wood veneers, plywood, wallboard, or plasterboard to other surfaces on contact is new 3M Company "Scotch." Nonflammable, without evaporative solvents, it creates no toxic fumes or bad odor. Used in industry for 20 years, it is water based, can be applied readily with brush, roller, or trowel, dries in about 30 minutes. Only soapy water is needed to wash brushes, rollers. List priced at $3.48 a pint, $6 a quart, $20.40 a gallon (which covers about 300 square feet) at hardware, paint stores, home improvement centers.



Power savers

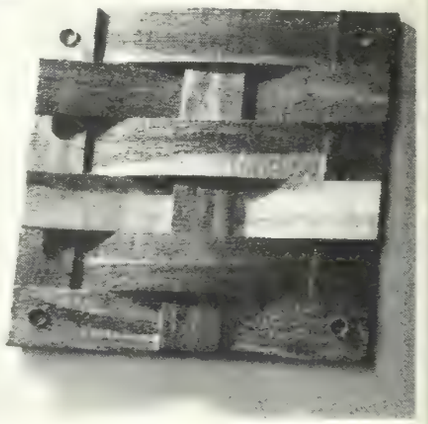
Light bulbs that use 8 percent fewer watts of power yet furnish the same illumination as standard wattage bulbs are made by Duro-Lite Lamps, Inc. They come in 55-, 92-, and 138-watt sizes, the equivalent of conventional 60-, 100-, and 150-watt lights. With power at 4¢ per kilowatt hour, using a 55-watt bulb (costing 99¢) in place of a standard 60-watt saves 50¢ in electricity during the 2500-hour life guarantee of the bulb. At 5¢ a kilowatt hour, a 92-watt bulb saves $1 for the same period. Watt-Saver bulbs at hardware, lighting, and department stores.

Insulation on the outside



Walls of existing houses or houses under construction may be insulated on the *outside* instead of inside the walls. The Dryvit System consists of four steps: (1) polystyrene insulation board is laid over a masonry, or a wood frame and sheathed wall, (2) a fiberglass reinforced mesh fabric is applied with (3) an adhesive plaster coating that covers and embeds it, (4) a textured plaster finish is troweled on. The finish, available in 14 colors, is water resistant, will not crack or peel under normal conditions, it is claimed. This exterior insulation system is said to equalize heat and cold before it can get inside house walls, minimize the effect of temperature changes on them. Dryvit System, Inc., 420 Lincoln Avenue, Warwick, R.I. 02888.

Lattice look tie up



You can assemble these woven wood panels of pine or redwood yourself to frame shelving, space dividers, planters, mirrors, screens, windows, or to use as cornices, trelliswork. "Tie Tiles" are 9 inches square, about ¼-inch thick, and you tie them together, through corner grommets, with leather thongs, hemp, or cord. A kit for $12.50 and $1 postage has 6 tiles, 6 feet of leather thong, and instructions. From the Root, Arapahoe Boulder, Colo. 80302.

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TRY IT...ALL THE TEQUILA'S IN IT. THE HEUBLEIN MARGARITA.

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In the hill town of Patzcuaro, the island in Janitzio rises out of a green lake. Giant statue is of a Mexican hero

GOING PLACES, IDING THINGS

Mexico and Nantucket

Alay away from Mexico City
d way off the beaten track:
OL HILL TOWNS FROM THE 15TH CENTURY

By Jane O'Reilly

The hill towns of Mexico provoked me to a fine, riotous madness that n still at a loss to completely explain. lay have been the company, who were rticularly jolly small pack of travel- After all, I do not often find myself. e days, perched on the side of a foun- in a dark garden at 2 A.M. singing gs in a strange language. In fact, I 't think I have done that for years.



hill-town lake, a tiny fishing village

e my first postgraduate tour of Eu- e. Now that I think of it, that is exact- ne mood I was in. The hill towns were ld, and so beautiful, so strange and erent and romantic. I felt as I did the time I went to France.

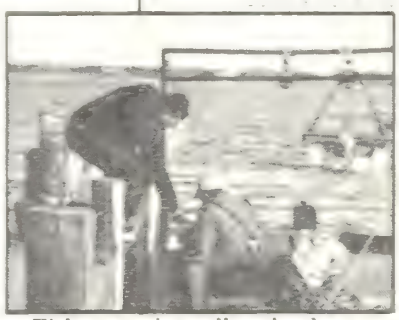
lost other people seem to know that hill towns of Mexico have been there ver, or at least since the early 16th ury. But somehow I did not. Nor e I ever been to Spain, so I cannot pare them with the original versions. as simply astonished that they exist at right here in our hemisphere, reach- e by car or bus, and short trip to northwest of Mexico

In October the rains of summer are meant to have stopped, leaving the hills still green, dotted with cactus and goats, a perfect time to visit. As it happened, the rains returned to Guanajuato when we were there, pouring down, dripping through the ceiling of the mayor's palace, off the pastel balconies, sluicing through the underground road, which runs under the old walls and canyons of the city. We made our way that evening through a glistening city, which seemed to be full of ghosts and eerie history.

In 1740, Guanajuato was the second largest city in North America, the site of the richest silver lode of the entire Spanish Empire. It built itself in the steep folds of the mountains, and surrounded itself with great crenelated walls which still stand. Cathedrals and mansions and the extraordinary Teatro de Juárez were built in the best baroque style.

Then, in 1810, the revolution began. There is, on the mountain overlooking the narrow city below, a giant statue of Pipila, a miner who strapped a slab on his back and crept toward the barricaded gates of the Alhóndiga, which he set afire so the insurgents could enter [illegible] the Royalists won, that time and hung the heads of the revolution's leaders in

(Continued on the next page)



Fisherman in scallopping boats



Fishermen's cottages on the old North Wharf

Best known as a summertime island resort, Nantucket offers a perfect autumn vacation

By Dee Hardie

Nantucket, a small island 30 miles off Cape Cod, is an autumn bonus. Once summer drifts away, Nantucket again becomes the home of its ancestors. Even the early Quakers would feel at ease. And so does the visitor at this time of year.

As it is only 14 miles long, 6 wide, and curved like a sailor's hammock (Melville called it an "elbow of sand"), you can easily bicycle to lonely beaches bordered by weathered snow fences that are gently collapsing into geometric patterns. Look towards Spain, build autumn castles in the sand, watch the birds, gulls of course, but also geese, ducks (eider and merganser) flying south.

Until recently, Labor Day was the season's end. Now restaurants and shops stay open until November 1, and many remain open, since they are often owned by the young who live here year-round. The Jared Coffin House, a grand brick mansion built by whale oil wealth and now a hotel, is open all year. At Christmas there is a wreath at every window.

Tempting sales take place in the fall; there are marvelous buys in crafts, an easy way to Christmas shop. Weekly house rentals go down 20 percent, while a month's rent may be lowered by 50 percent. September swimming is invigorating, and the bluefish run most bountifully from

(Continued on page 45)

One great way to go to China

Three days in Canton; a tantalizing possibility being offered this spring by several cruise ships that stop in Hong Kong on their world voyages. Passengers se a train from Hong Kong to the real-China border, switch trains and continue , Canton. What they see: ivory carving, a commune, a school, the zoo, the Chil- ren's Palace, a hospital, restaurants. Sometimes a smaller band continues to Peking. How they go: book a round-the-world or Pacific cruise with Carras, Cunard, Flag- ship, Holland America, Norwegian America, or Royal Viking. Once on board ship there's a lottery—the Chinese give each cruise ship a quota—that determines which passengers can go. Often as many as 300 out of a total passenger list of 500 do. Most of these cruises leave New York or San Francisco in Janu- February, arrive in Hong Kong in March or April.



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Every three months—four times a year—the Museum will announce by mail remarkable new objects—exact copies of Museum originals: sculpture, decorative art, tableware, and ornaments.

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These copies, often produced by the same techniques used for the originals, are made by artist-craftsmen working under the Museum's direct supervision. The care taken in production frequently limits the quantity, and the majority of reproductions can be bought only by mail or at the Museum. (Above: Hippopotamus, bright blue faience decorated with lotus flowers. Length 8", $19.75 plus $1.25 shipping.)

To receive all of the advance announcements to be issued during the next year, send the coupon below with one dollar to cover mailing.

On September 1, you will receive the 116-page Christmas Catalogue. The brilliant array of new presents includes an Egyptian jasmine flower necklace; a golden Buddha; a medieval silver bowl; stained glass; jade and bronze horses from ancient China; an 18th-century porcelain dinner service; new needlework kits from the *Unicorn Tapestries;* snowflakes, stars, and bells in gold and silver; and an unparalleled selection of Christmas cards. An additional 24-page full-color catalogue introduces the Museum's Costume Institute "originals"—line-for-line recreations of designs from the past which bring unusual flair to contemporary fashion. Among these is the first copy ever made of the fabulous Imperial Russian "100,000 gold ruble" shawl. This outstanding reproduction in fine wool challis, with its bold stripes and intricate floral patterns retains the more than 50 colors of the original. It measures 21" x 96"; the price is $35.00.

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Mexican hill towns

continued from preceding page

cages from the corner of the very Alhóndiga, a huge square building, originally a grainery, in the middle of town. The hooks for the cages are still eagerly pointed out.

In Guanajuato, I stayed in the Castillo Santa Cecilia, a most amazing hotel built on top of the mountain in the ruins of the mine, with all kinds of castellated stonework and sloping corridors. I joined friends at the Parador de San Javier, another most beautiful hotel. Eventually, I found myself very, very late in a chic, windowless bar made out of an old military stable, called Ladies Only. We were drinking the ubiquitous Mexican cocktail—cognac and flat Coca-Cola—and I was lecturing a group on the true meaning of the women's movement, in inexpert Spanish. Guanajuato is also a university town, which may explain my willingness to stay up discussing great issues. I remember I promised to stay for several days.

The next morning, of course, I left. But not before I had seen the Basilica, a cathedral with an interior of bisque and pale green, pinks and gold, like a Dresden cup. Somehow I was persuaded to visit the cemetary outside of town—a great local favorite—where the disinterred, mummified bodies of inhabitants long separated from their souls are displayed in glass cases. Outside, small mummies of twisted candy are sold, and key chains made of plastic replicas of mummified toes and fingers.

The charms of Morelia, which was founded in 1540, are less exotic. It is a more sober city, the capital of the state of Michoacán, with an architecture that speaks of reason and proportion and an understanding that public spaces should include a great deal of greenery. We stayed at the Hotel de la Soledad, which, with its courtyard and balconies, is one of the oldest inns in Mexico, now renovated but first opened in 1719. Someday I will go back to visit the Villa Montaña —a romantic assemblage of *casitas* and villas and gardens run like a private house—in the mountains above Morelia. We visited the State Museum of Michoacán, and the market, looking at lacquer trays and guitars. The cathedral, Our Lady of Solitude, built in 1640, was being extensively repaired, and the steeples which surmount its glorious plateresque façade, rather charmingly, needed weeding. Lunch was in one of the cafés under the arches overlooking the main square. The pork is lean and delicious in Morelia, and the Botana de Charales, tiny dried minnows served with lemon and *salsa*, are delicious. Late that night we ventured to the *portales*, a stone arcade on the other side of the plaza, where the women gather in the evening with their cooking pots and form a sort of outdoor cafeteria. It is too bad that one is visited by total digestive disaster if one attempts to

ample the good things displayed to eat n Mexico.

Apparently Pátzcuaro is one of the places everyone else has heard of—I notice the guidebooks say things like "This is where you will see the fishermen with their butterfly nets." Well, I hadn't heard of it, and I was charmed. Launches with awnings and seats arranged in rows go out into the green lake and stop at the Island of Janitzio. There, if money changes hands, the fishermen will obligingly dip their nets, and might, by accident, catch some of the famous whitefish. Usually, the real catch takes place early in the morning.

The lake is ringed with Tascan Indian towns, and Janitzio itself is a town. A walk up its steep cobbled streets is a tour of every souvenir the region offers, but some people—I, for one—are suckers for fishing villages with cobbled streets and open cafés and dark chapels. Janitzio is surmounted by a gigantic statue of Father Morelos, revolutionary hero, which defies description. It is . . . very big.

Just outside of Pátzcuaro, is the Posada de Don Vasco, which is a very pleasant hotel indeed. There is a pool, bowling alley, a glassed-in bar with mariache bands playing at cocktail time, and the rooms are nicely done in the colonial manner. Some have wonderful views and verandas, and all open onto a typical flowered, fountained courtyard. Hill-town hotels are decided-

We visited the House of Eleven Patios, where various crafts are made and sold. I still regret not buying more handwoven cloth. The Plaza Vasco de Quiroga is a most beautiful space, its gray and white arches moving in the satisfying symmetry of the Palladian style. In contrast, the Mercado, or public market, is differently satisfying, full of sound and color and bustle.

In Pátzcuaro I saw *Los Viejitos*, the old ones—the most entertaining folk dance I have ever seen. A line of apparently doddering figures crept up on the stage, each wearing a remarkable painted mask of old age. Suddenly, with a mighty thud, they began a pounding, stamping dance. It made me laugh out loud, and eventually I found myself singing in the hotel's garden at 2 A.M. with dancers, who were about 18 years old.

There are so many towns I wish I could have visited: Irapuato, the strawberry capital of Mexico, Santa Clara del Cobre for its copperware, the obliterated San Juan Parangaricutiro, where a steeple sticks up from the mass of lava which buried the town. I wish I had rented a car. Next time, I will.

GETTING THERE:

Mexico City is the fly-in point if you're coming from the States. Guadalajara is actually closer to the hill towns than Mexico City, but you can't fly there from the U.S. Some people rent a car in Mexico City and drive the 200-plus miles to the nearest hill town. Fear not, the highways are good. Other visitors take a train or bus to Guadalajara and set out from there in a rented car or on buses that run frequently. ■

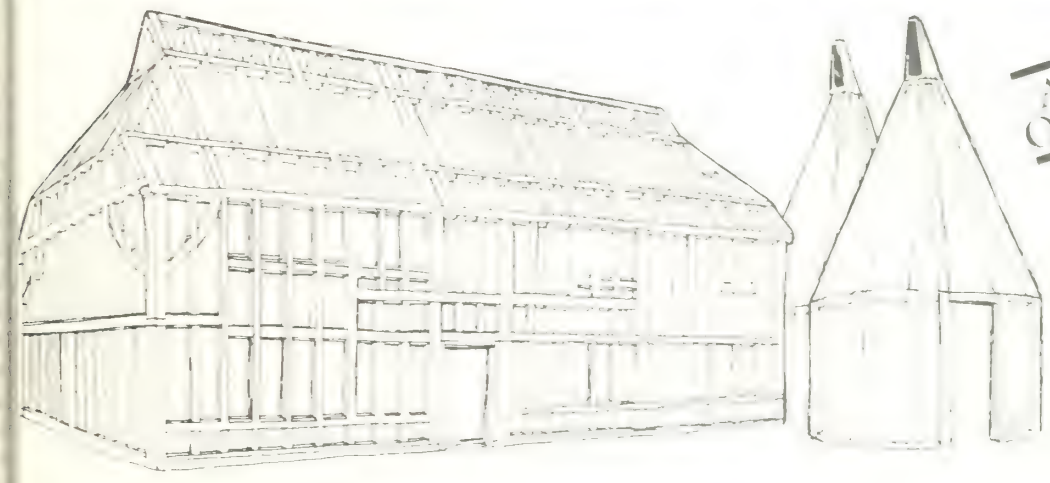
mid-September through mid-October. Fall temperatures are mild, ranging from the low 70's to the 50's. Roses are still perky and Boston daisies bloom in December.

HOUSES AND MUSEUMS

You can walk all over town, and that's the fun of it. It's called "rambling" on Nantucket, and every street, every lane turns up another treat. There are no traffic lights, so watch when you cross. Stop at the Atheneum, the handsome Greek Revival library where Thoreau and Emerson lectured, to read yesterday's newspaper. Main Street is especially for walking, as the cobblestones, once ballast on whale ships, makes bicycling difficult. This was the street of wealth and power. Here are the Three Bricks, built by Joseph Starbuck for his three sons. All the houses are architectural gems, all living legends for each is still occupied; not one is a museum. Other narrow streets are lined with splendid 18th- and 19th-century houses, seasoned and proud, that form the largest group of historical houses, 1,600 of them, in the United States. Not restorations or re-

Continued on next page

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continued from preceding page

productions, but houses lived in and loved.

If it rains, just button up your overcoat or put on some foul-weather gear and continue exploring. Nantucket by fog makes it seem even more like a coastal English village, and the silhouettes of houses and old buildings are hauntingly beautiful. Through mid-October historical houses and museums are open 10-5, daily. After that date, the houses close because of lack of heat, but the Whaling Museum and the Peter Folger Museum are open on the weekends. Both are small enough to tuck into a rainy afternoon.

The Whaling Museum, built as a sperm candle factory in 1847, now houses the world and workings of whaling, including a life-size lifeboat with all the equipment, a room with wall-to-wall scrimshaw, portraits of captains and the women left behind, and a library full of Herman Melville. Sundays, 11-2, $1.

The Peter Folger Museum next door is a well-planned potpourri of Nantucket's past, a diary of the social life as well as the agricultural side of the island. Exhibits show families of lightship baskets, all sizes, delicate porcelains from the China trade, and rare pieces of furniture. Saturdays, 1-4, $1.

☐ **SHOPPING AND PICNIC BASICS**

Walking towards town, turn up Fair St. and visit the Nantucket House, an antique shop decorated with great style. On the corner of Fair and Main is Murray's Toggery where R.H. Macy once had a dry-goods store—and failed. Continue on Main and you'll come to Orange St. where 125 whaling captains lived. Next is Mitchell's Book Corner, and farther down, the Main Street Gallery, both open throughout the year. Nantucket books, along with everything you want to read on holiday, are in the first shop, and in the second, Nantucket art. At the Nantucket Looms find the finest of island crafts: Pat Gardner's birds, lightship baskets, handwoven woolens. Then wander a minute away to the Downyflake for the best bowl of chowder in town. (Closes November 1, so the owner can go scalloping).

October days can be absolutely balmy and perfect weather for picnics. Something Natural on Main Street, which also doubles as the telegraph office, makes scrumptious sandwiches on homemade breads—avocado, cheddar, and chutney; sprouts, vegetables, and cheese; provolone and prosciutto, and so on. Or you can order a lobster, reasonable this time of year, from Island Seafoods, Steamboat Wharf, and they will cook it for you, 25 cents a pound extra. The next day enjoy it cold with a bottle of wine sitting on the sand by Brant Point watching the ferries arrive from the mainland, or "America," as the natives call it.

Continued on page 154

House & Garden travel:

Booklets

to help you plan a trip

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Relax in a room overlooking the Bay of Manzanillo or on a private beach. Or go water skiing, sailing, or scuba diving—all at **Las Hadas**, a resort on Mexico's Pacific Coast.

2. Aeromexico's Heartland shows pictures: nightlife in Mexico City, hill towns of Guanajuato and Dolores Hidalgo, beach resorts in Acapulco and Puerto Vallarta.

3. The **Mexico Travel Handbook** tells you everything you need to know before your trip: history, art, and economy of the country plus hotels, spas, dining.

4. Cancun boasts 14 miles of beautiful beaches. Water sports, a Robert Trent Jones golf course, day trips to Mayan ruins. All in **This is Cancun.**

5. Ixtapa on the Mexican Pacific. Only four hours from N.Y. or L.A. to a world where old and new meet. Modern resorts lie minutes from villages with cobblestone streets.

6. Traveling Mexico's highways in a rented car is a wonderful way to see the country. **Avis Mexico** suggests four trips to try. Adventure No. 2 offers a driving tour of hill towns.

7. Club Med has two resorts in Mexico. Playa Blanca on the Pacific Coast, Cancun on the East Coast. Great sun and sports. See in C.M.'s **Trident** magazine.

8. American Express offers eleven 6-9-day tours to Mexico. Prices listed in the **Mexican Medley:** $60-$338. Airfare additional.

9. Another American Express offering: one week charters from N.Y., Chicago, and Philadelphia to **Cancun.** Price for the week starts at $295 and includes round-trip airfare, choice of hotel, baggage handling, tips, and taxes.

10. Western International's **Camino Real** in Mexico City is a deluxe resort-hotel on 7½ acres situated in the center of the city. Swimming pools, tennis courts, and just a few steps from the National Museum of Anthropology.

11. Carras's **Call of the Vintage** is a 14-day wine-tasting cruise calling at some of the major wine ports of Europe. Lectures and seminars on board with experts in the field. September 9-23, 1977.

12. Visit China during the **M.S. Kungsholm's World Cruise.** This Flagship Cruise departs from New York January 21, Port Everglades January 23.

13. Cruising Expeditions Aboard the M.S. Lindblad Explorer offers exotic destinations. There's a Pacific Ocean Cruise in August, 1978 visiting out-of-the-way islands like Sofu Gan, Sumisu Jima, and Boutong.

14. Holland America's **1977 Trans-Pacific Cruise** sails September 27 from Vancouver. The 27-day cruise will spend three full days in Shanghai by invitation from The People's Republic of China.

15. Cruise 90 days aboard the QE2 in absolute luxury during Cunard's **Great Pacific & Orient Cruise 1978.** January 16-April 16.

16. Invitation to Houseguest in Britain. See England from the inside—stay with a host family near London or in the countryside. English breakfast included, rates reasonable, three-day-stay minimum per family.

17. Best Selling Holidays from British Airways include London show tours, shopping tours, and independent fly/drive and rail/bus/car holidays for those who wish to roam at their own pace.

18. Aer Lingus's **Ireland and Britain Vacations 1977** offers variety: one-week trips, cottage or farmhouse vacations; 15-day tours combine England, Scotland.

19. Ireland, Personally Yours. Details on how to get there, where to stay, what old houses are open to the public and when, and what to do with a family.

20. The Great State of Maine Four-Seasons Vacationland is a handy kit with booklets covering state parks, historic memorials, fall foliage, skiing, a road map. ■

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to four weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 8A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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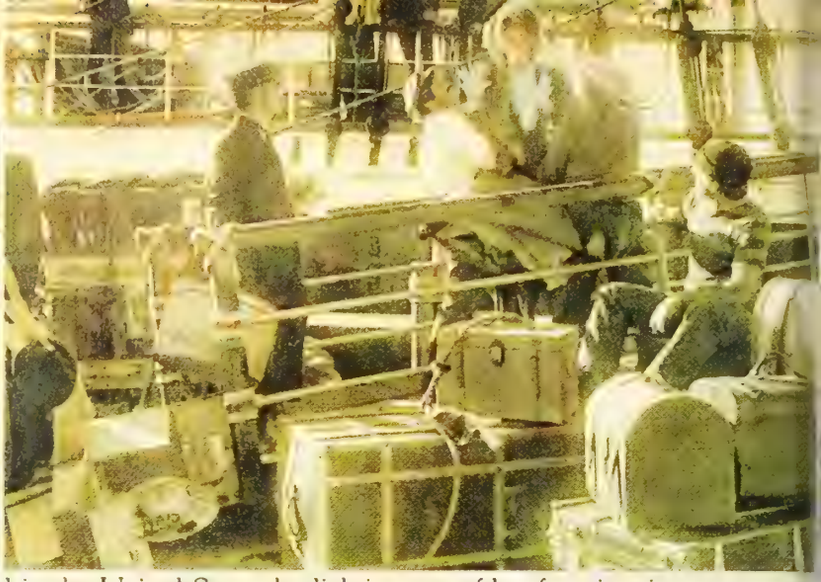
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The new EASE and why you'll love it

Come as you are. Not as you're dressed, but as you *are*. Don't get ready to play the guest—it's not that kind of party. Just a group of people whose company you enjoy, and who may well ask you to toss a salad or season the sauce.

People are discovering a new ease in entertaining that spills over into their decorating, dressing, and the whole way they organize their lives. For one thing, economy no longer means "I can't afford to." It implies a healthy respect for our resources and for the needs of others, and instills a sense of sharing that makes us not less generous, but more. For another, an unmistakable call for things that make life easier *and* more attractive has produced such ease-makers as china that goes from oven to table to freezer, no-iron napkins, and cooking pots pretty enough to serve your buffets directly from the stove.

It all adds up to a new relaxed sense of hospitality. Take one young people-pleaser we know who's been serving stove-top buffets for years. During what traditionalists call cocktail time, everyone clusters into the kitchen to help chop, peel, stir, toss, taste, and comment—because they know the kitchen is where the laughter and interesting talk is going to be (it's this discovery that has given rise all around the country to the kitchen-dining-living room, a sort of modern-day keeping room that encourages everyone to pitch in). After plates are filled right from the stove, everyone moves to a table beautifully set with candles, linen, and wonderful flowers, for our hostess cares about her guests and wants them to know it. The chairs are armchairs because conversation is likely to last until long past dessert.

When you're involved in groups like this, you come to realize the pleasure of getting together with people you really like to have around. There's a word for such people: Friends.

Among friends there's a natural, *mutual* spirit of generosity that enriches not just the evening, but the relationships that are formed and strengthened by it. Real hospitality does not force people into rigid roles, but permits and encourages everyone to be him or herself. And that's the kind of thing that's worth any price—but doesn't cost a cent.

Ways to spend less, enjoy more

- Try light foods like vegetable pastas, rich, imaginative salads. Take care with the preparation, present them beautifully.

- If meat is called for, remember the French invented ways of dealing with the cheaper cuts. You can marinate, braise, add tasty sauces (now being improved and lightened by cuisine-minceur cooks).

- Try the two-parties-in-a-row idea, with make-ahead foods, the same flowers. But do they have to be dinners? Why not brunch and then a late supper (serve quiches both times), or afternoon tea followed by a next-night dessert party?

- Serve one or two kinds of drinks. People are drinking wine more (and you can get good young bright-eyed ones for attractive prices). Vodka is popular, or maybe a rum-and-something, the "something" being a few fruit purées to splash with soda for sparkle.

- You can save on coffee by brewing after-dinner herbal teas. On a summer's eve, a soothing sip of potion made of lemon grass, raspberry leaves, and Egyptian spearmint is pure refreshment.

- When you're a guest, it's a gesture of caring to bring food. Practical food like homemade bread, cheese, a basket of vegetables from the garden, croissants for the morning after, or ever-welcome wine.



HOW TO GET THE MOST MILEAGE OUT OF

SUMMER



An idea portfolio of food, tables, decorating, and energy savers to help you get every drop of the season's pleasures

The new way to cook outdoors

What adds wonderful flavor to chicken, fish, and meats, and encourages even less expensive cuts to juicy tenderness? Slow-cooking smoke-cooking. Smoke cookers (there's one on the deck, *left*) have two pans—one for the coals, one for the water that turns to smoke-flavored steam and cooks the meat without your having to baste, turn, or even peek at it. The flavor comes from wood chunks you add to the coals—hickory for traditional mild smokiness, or you might want to experiment with cherry, peach, apple, or other fruit woods. You can also add herbs, beer, or wine to the water (tarragon is especially good with fish). Meat juices drip into the water for gravy makings.

Take a flower to lunch: Violet leaves, rich in vitamin D, make pretty salad greens, and you can sprinkle the violets (vitamin C) on top. To sip with it, rose-hip tea, full of vitamin C.

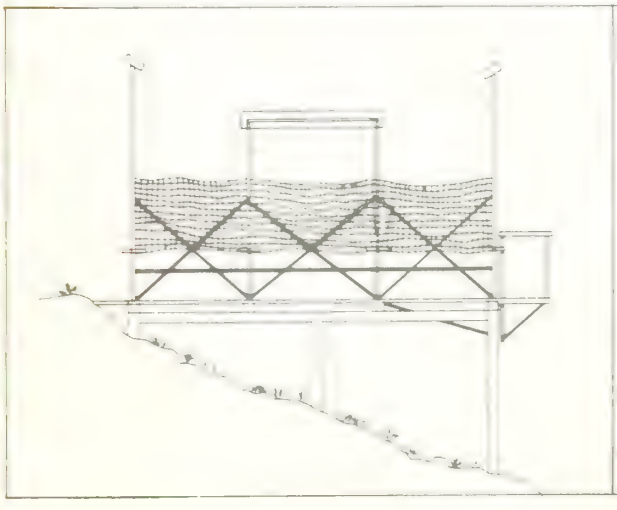
You could build a deck

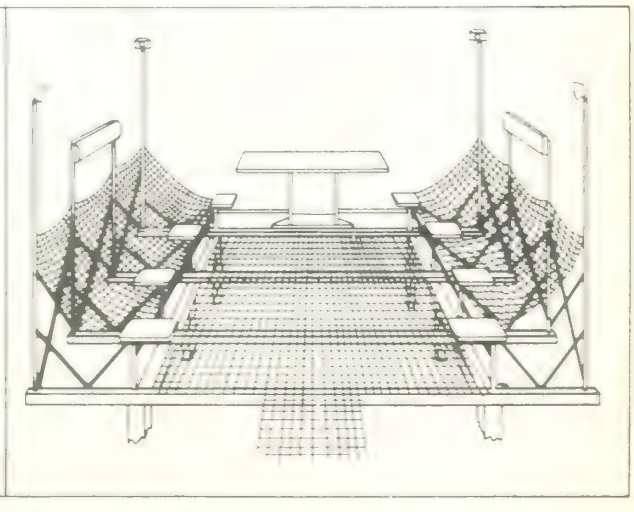
Here's one you can put together for $850, including the hammock banquettes

Jutting out from a hill on wood supports, this deck has the appeal of a tree house and the comfort of a hammock. Mike Jantzen, who designed the deck, first envisioned it as a "communication machine"—a place to get in touch with friends, with nature, with oneself. Equipped with charcoal smoker/built-in table, it's perfect for picnics. Mike and his wife Ellen, here with their furry friends Basil and Peaches, built it themselves: a platform of industrial steel grating supported by redwood beams. The unconventional grating allows sun to pass through to the plants below and creates an airy, floating sensation. Nylon net supported by steel tubing forms the banquettes, and redwood tables that serve as arm and footrests swing out for dining. There are even four built-in speakers for an outdoor sound system. Special yellow bulbs and pennyroyal herb planted below help keep the bugs away.

Left insert: Deck thrusting out from hillside. Treated telephone poles must be set into ground below frost level.

Below: Designer's drawings of deck. To learn how to order plans see page 108.





FOR SUMMER MILEAGE

Holiday at home



When you fill your rooms with the fresh colors of nature it's like being on vacation all year

Sixteen stories up, the living room of Cathy and Alessandro di Montezemolo. It's a sky garden, transplanted from an old Italian palazzo *(insert)*, where they used to live, and now in full bloom in a glass tower in New York.
Right: Mrs. di Montezemolo

WILLIAM P. STEELE









Holiday at home



You can dine in a garden of real flowers, goblet flowers, and wall flowers by the yard

Flowers and greens and sunshine have great importance for Cathy di Montezemolo, who works and therefore lives in New York City, but whose heart belongs to gardens. "A garden is more than something beautiful to look at," she says. "It's a refreshment, a psychological cooler. And if you can't have a real one, you can still simulate one with fabric and color. It is a kind of self-deception, but, as P. T. Barnum said, you can fool some of the people all of the time, and I'm one of them." The di Montezemolos chose their building because it has one of the most spectacular views in New York—mile after mile of an East River full of sailboats and tugboats and tramp steamers—and then proceeded to prove, with the help of interior designer Irene Walker, that even a glass-and-steel monolith can be made just as charming and full of character as the Italian palazzo. Much of the furniture and all of the colors were also used in Milan, and the fabrics, found originally in the United States, have been at home in both places. In fact, the two apartments, old and new, are like unidentical twins: They wear the same things, but in different ways.

Left: Because the dining room is so open to the living room, its walls are papered to match the garlanded fabric used on most of the living room furniture. To stretch the vista a bit more, rugs in both rooms are the same—deeply textured white cotton that "washes like a glove, wears like iron." On the green lacquered table and in the open wicker bonnet-topped cabinet that looks like a porter's chair, Mrs. di Montezemolo's collection of faïence and porcelain flowers and vegetables. The table itself, here covered with a cloth printed to look like ribbons of country fabrics, is set with a centerpiece of yellow porcelain tulips, wineglasses like lilies of the valley, and one upturned tulip bell.
Far left: The bonnet-topped wicker cabinet, at home in its former dining room in Milan.

Holiday at home

In the bedroom, curtains hung away from the windows create a sunny sitting alcove

The architects who designed this building obviously had no intention of spoiling the view with anything as petticoatish as curtains: There is no way to hang anything except the built-in blinds. Irene Walker's solution was a wall of curtains hung from a beam a few feet out from the windows. With curtains swagged back like a Bedouin's tent, the space beyond became a wonderful little cubbyhole of a veranda where Mrs. di Montezemolo does needlepoint and works on her book (*The Gardener's Book of Needlepoint*, written in collaboration with Jack Bodi, will be published in December, 1978 by Simon and Schuster). The curtain fabric is Gingham, repeated on the white-framed armchair and the lining of her needlepoint basket under the wicker desk. Matching paper covers the walls. "The flowers in this room are pretty much confined to the bedcover—white vines quilted on a yellow background. We had it in Italy, and it's still going strong." The wide throw is a cloud-light wool confection crocheted by the di Montezemolos' housekeeper in Italy. The two little spiral metal tables out on the porch," and two Chinoiserie monkeys over the bed were designed by Mrs. Walker.

Right: The bedroom—a perfect example of the problems and solutions of apartment living. The floor was to have gone ugless, hand in hand with nature. It was bleached, acquered white, then painted with a series of bouquets that circle the room like a necklace. Only later were the di Montezemolos informed that by house rule most of the room had to be carpeted. The solution, a yellow Portuguese tattersall of thinnest cotton and linen that can be folded back sometimes to show the flowers. **Far right:** The bedroom's former non-identical twin in Milan.

WILLIAM P. STEELE





Old-fashioned energy savers: a ceiling fan to stir the air; and to keep the sun out, awnings, shutters that close, or a canvas curtain that draws across outside the glass

Make it a picnic

You can make an original picnic blanket, as Julia McFarland does, from a 9-by-12-foot canvas drop cloth, painted, stenciled, or left plain.

Here's a grab-bag picnic for children: Marina de Brantes wraps finger foods in colored papers, packs them in bright little shopping bags.

Easy to pack, easy to eat picnic foods: Scoop out cucumbers, peppers, tomatoes, zucchini, or eggplants, says José Wilson, stuff with Mid-Eastern mixtures made in a food processor, wrap in foil, chill.

For an all-out Arabian Nights beach picnic, Mimi Graves recesses a plywood table into a hole she digs in the sand. Guests sit on the surrounding ledge protected under a romantic tent of cheesecloth.

Above: A picnic on a summer's day—this one in a woody patch in Wales where designer Laura Ashley and her family live. The picnic blanket is a curtain made of fabric of her own design. Food is as sustaining as the setting—leek and bacon tarts, chicken thighs (coated with soy sauce, and sesame seeds and baked for half an hour), salad, cheese, and cake.

Right: Lovebirds to sing for your supper, plus green potted plants form the living centerpieces at a poolside party designed by Richard Neas. Silk covered tables are set for a Chinese feast with gold leaf papier-mâché plates, lacquer chopsticks, and blue paper fans on bamboo trays. Scattered among the trees, lanterns, like paper moons.

FOR SUMMER MILEAGE

Let's eat outdoors

BEADLE

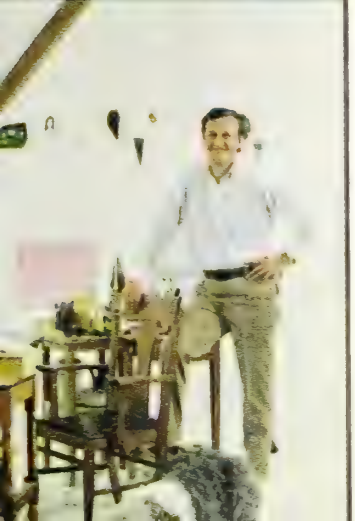


FOR SUMMER MILEAGE

You can make family meals a picnic









Help-yourself informality in an antique farmhouse with indoor-outdoor charm

A working New England farm can be a natural for year-round family weekends. In this one, built in 1798, living room and porch have been added on, and the nearby barn turned into a light-filled studio connected to the house by a grape arbor, *left*. Everywhere there's space for people—under the arbor, on the porch, in the dining room or informal living room—and a help-yourself-and-go-where-you-will sort of hospitality for family and weekend guests. A lush vegetable garden full of tomatoes, lettuce, zucchini, and peppers provides fresh food for picnics. "In the middle of the day in summertime, it's nice to eat under the shade of the grape arbor. In winter, we like to eat in the dining room by the fire," says Ivan Chermayeff, creator of this idyllic setting. Mr. Chermayeff is one of the best-known graphic designers in America, and is currently at work on an exhibit for the Kennedy Library in Boston. He works in the studio on weekends, *bottom left*, as do his daughters, Catherine, Sasha, and Maro—all chips off the old block. The main changes he made to the house were making the grape arbor out of an existing vine, adding a screen porch, and opening up the living room. Added to the house before Mr. Chermayeff moved in, this living room was very dark, so he took out all the beams except to frame windows and corners, plastered the walls and ceilings (and left the plaster raw, for easy cleaning by sanding), and added big windows, *above*, without any curtains. "There are no curtains anywhere; I like light."

Opposite page: Simple summer picnic in the grape arbor; red outdoor chairs, solid oak weatherproof table designed by Ivan Chermayeff, built by the local carpenter.
Opposite page, top: The barn/studio and woodwork shop, half vermilion.
Above: The living room, with old barn-wood floor, brick fireplace topped with an original beam; sofas covered in Chermayeff-designed blankets woven in Mexico; floor rug also by Chermayeff, woven by Leslie Stillman; butcher block-topped coffee table; Japanese basket and fan. Enlarged windows add light; raw plaster walls, ceiling.
Bottom left: Ivan Chermayeff in his studio with dog, Mary. On the wall, his dot paintings plus daughters' early work. All furniture picked up in local thrift shops.

Family picnic





Enjoyment is the point of casual decorating, places to eat indoors and out

The new marries happily with the old in this comfortable farmhouse. The screen porch, *above*, for instance, added by Ivan Chermayeff, is a simple white frame with white-painted deck, filled with assorted chairs and an Early American table. Behind it, through the birch trees, you can see the swimming pool. "We built the stone walls to hide it." Mr. Chermayeff also added light and space by opening up the dining room wall, *right*, into the kitchen—easier on weekend cooks, too. Rich blue vinyl tiles on the floor contrast with the light wood table and chairs. In the living room, *opposite page, top*, a 19th-century chest is next to a baby Chippendale chair; an old beam frames the new window. The den, *below left*, is lightened by white paint everywhere, showing off Mr. Chermayeff's antique toy collection. On the mantel, his old cars line up beneath his very contemporary assemblage.

BEADLE







Above: In the dining room, Caucasian rug; can wall light, ceiling spotlight, room-to-room daylight. On mantel, Sasha's U. S. flag.
Above right: In a corner of the living room, goose weathervane, Chermayeff-designed rug.
Left: In the curtainless bedroom, antique quilt spread; Indian hanging; Sasha's dot painting; Maro's flower on window frame.
Right: In the greenhouse, geraniums and herbs.
Opposite page: On the screen porch, breezy summer lunch—"mosquito free."
Opposite page, top: The farmhouse.
Opposite page, bottom: In the den, shelves filled with antique toys; Navano rug. Shopping information, turn to page 108.


DICK





S

reg on. They can also be used in a light summer soup to serve as a first

[illegible] see page 98

Recyclable centerpieces. Dig up some petunias or pansies from the garden, suggests Fayal Greene. Placed in shallow porcelain bowls and surrounded by grass, they make pretty table decorations and can be planted back in the garden after dinner.

Something in the air

To create perfumed breezes all through the house, try hanging scented sachets in front of air conditioners or fans. Sachets can be made with lavender or your favorite potpourri.

Save mowing, eat well: try growing vegetables instead of a lawn

Left: Tables ringed with vegetable plants—here two tomato plants—set in market baskets and surrounded by wooden plates on burlap cloths. At each plate, a name egg, hard-boiled. Table designed by Richard Neas, who set the party in a stable, scrubbed down and scented with wood chips for the occasion.

Left insert: In each stall, a table for eight. Guests' names are listed on brown paper bags tacked to the door post. Outside, a displaced tenant gazes in at the transformation.

Top right: In a trough, a pitcher of beer cooling in cracked ice.

Right: The hearty buffet—wood bowls of green salad, bread in baskets, cheese on straw, and tubs of fresh country butter. Bœuf bourguignonne in copper tubs, nearby.





Some natural ways to take the bugs out of summer: Growing [illegible] near the door helps keep insects out where they belong. • A fisherman's trick to keep mosquitoes away: rub pennyroyal directly on your skin. • To protect plants, add to a quart of water, the tobacco of 4 cigarettes, a crushed clove of garlic, ½ cup ammonia, and 4 tablespoons of a mild liquid detergent. Leave 4 days, strain, spray. From horticulturist Peter Dunlop.

FOR SUMMER MILEAGE

Grow a tabletop crop

FOR SUMMER MILEAGE

Stay in touch with the land

In a traditional New Mexico adobe, you get natural insulation plus rustic good looks













The Pueblo Indians knew the secret of natural climate control: Build your house of thick adobe blocks, keep windows small, and it'll keep you cool in summer, warm in winter. This energy-saving system works just as well today for Mr. and Mrs. Eliot Porter. The only improvement they had to make was to fill the naturally dark house with light and air. But for two artists (he's a photographer, she's a painter), this was a matter of paint and simple but elegant decorating. They whitewashed all the walls and even painted some of the floors and ceilings white. Floors—old brick and wide board—are rugless and, to emphasize the high ceilings, the decorating is spare. Yet, for all its real starkness, the house gives an invitingly cozy impression. There is a fireplace in almost every room, lots of wood furniture, personal things the Porters have collected over the years, and, in every room, a single color—blue for the kitchen and dining room, red for the living room, hot pink for the bedroom —used sparingly, but with feeling.

Left: The kitchen, white with touches of blue. Mr. Porter made the square table to stimulate Mrs. Porter's bread-making binges. Over the door, Picasso lithograph.
Top: Dinner in the wood-and-white dining room. For color, royal blue napkins and Fitzhugh china in a New Mexican-made cabinet.
Above left: The adobe house.
Above right: Mr. Porter in his studio.

The secret of adding the look of light: a wash of white with one smashing color





In touch with the land

Because the New Mexican climate is dry, the greenhouse, *above*, is kept humid for people as well as plants. "I love to go there for a private breakfast or a nap after lunch," says Mrs. Porter, who has an antique spool bed piled with sky-blue pillows for the purpose. A good part of her day is also spent in her studio, *above right*, where she paints—mostly still lifes like the one of pink hyacinths to the right of the door. Except for the oak ceiling beams and the carved moldings (called corbels), the studio is all white "because white is the most light-giving color there is." With the white walls and furniture of the living room, *right*, particularly cool—and particularly dark—with overhanging porches on two sides, the Porters added real fire: a flame-colored sofa, vibrant purple stripes on the wood armchair, and fiery pillows and art. In the white bedroom, *far right*, the color is shocking pink—a woven throw from Mexico on the tester bed fringed like a sombrero, and a little chair pad for good measure.



site page, top: On the house wall, a painted an mirror and a fountain oubles as a planter, ly set off by a solid ainted arch. The floor brick.
: Mrs. Porter's all-white . To the left of the a soda crate she painted and filled with red s and a single white lamb. On the mantel, wood candlesticks from an old Mexican church and, between them, a piece of carved wood rescued from a Colorado ghost town. Table is a basket topped with white-painted plywood.
Opposite page, insert: Mrs. Porter working on a box in her studio.
Left: The large living room, formal yet friendly with a fireplace, pegged wood floor, wood ceiling, and antiques inherited from generations of family collections. The cocktail table belonged to Mr. Porter's grandmother; her initials are lapis lazuli inlays on a piece of black slate that rests on brass swan legs.
Right: Mrs. Porter's bedroom, white with the surprise of hot pink. On the left-hand wall, a soda crate she decorated. To the right of the bed, another still life.



Perk up the floor

of a summer porch: Try putting down bright awning canvas with double-face tape, coating it with varnish or polyurethane. Veva Crozer of Such Outlandish Stitches.

ALIMARI





Refresher course, right—a green and white buffet of whole poached sea bass with limes on a bed of watercress, crudités, chicken Orientale salad, poached spiced pears on a cloth of crisp cotton from Hinson. By Jane Wilson and Jeff Perlman of The Party Box, Inc.
Right insert: For dessert, lime daiquiri mousse, almond cake, iced mint green tea.
Above left: Mexican feast: tacos with sautéed sirloin, onions, tomatoes, lettuce, and grated cheddar cheese, followed by fresh fruit and cheese. By Milton Williams, on the patio of Edith Head's Los Angeles hacienda.
Left: Pretty way to pack a picnic—mushroom baskets lined with sapphire tissue. E.A.T. at Henri Bendel.

The cucumber pickle

According to Jonathan Swift, "the grand Academy of Lagado had been eight years upon a project for extracting Sun-Beams out of Cucumbers, which were to be put into vials hermetically sealed, and let out to warm the air in raw inclement summers." Lagado science has yet to make a breakthrough, but today in America, more and more people are storing up sunbeams in solar collectors. And as for cucumbers, a slice of one is a great summer astringent—just rub it on; it refreshes without drying skin.

Did you know a scented geranium in a window will help freshen the air?

Cucumber Plus

For a summery hors d'oeuvre, top a slice of cucumber with Danish salami and crumbled blue cheese, suggests Janeen Sarlin of Cooking With Class. For a delicious low-calorie drink, blend half a cucumber with 2 slices of fresh pineapple, 2 sprigs of parsley, and an ice cube.

BEADLE



Above: Cold cheese mousse in an edible asparagus "basket" by Maurice Moore-Betty. With it, lemon roast chicken, Salade Argentine, Summer Pudding, and Grand Marnier mousse. Mr. Moore-Betty's wonders with vegetables, please turn to page 96.

HORST



FOR SUMMER MILEAGE

Bring the greens indoors



FOR SUMMER MILEAGE

Have your company in the kitchen









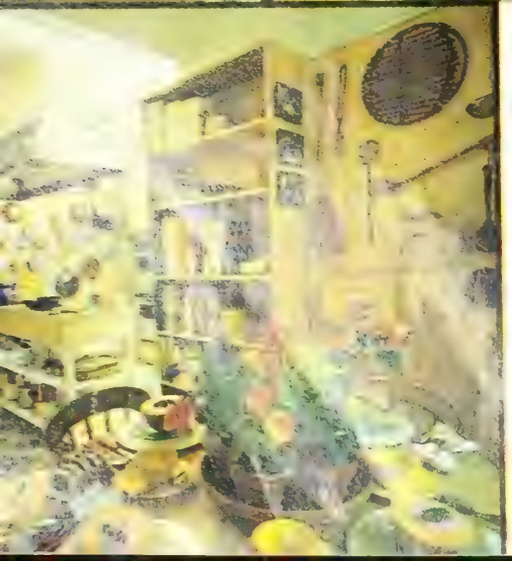
A people-loving kitchen full of ideas dreamed up by its owner, José Wilson, who tells all about it

When I remodeled my New England cottage, most of my time, thought, and money went into the kitchen, because I wanted it to be the most companionable room in the house, the place everyone was drawn to. I could happily spend every hour of the day there, writing at the table in the window, testing recipes, giving cooking classes, and entertaining friends—and often I do. Clapboard houses are a snap to alter, as easy as cutting a slice from a pie. In my case, we cut out a tiny window, the screened door, and a wall between the kitchen and utility room, and opened up the space with a 6-foot bay window and a sliding glass door to the new deck, so now sun floods in all day long. Whereas the old kitchen had four doors and seemed crowded with just a sink, stove, refrigerator, and some cabinets, the floor plan I worked out with my architect, Laurence Rubin, not only gave me all the storage I could dream of, right where it was needed, but also three cooktops with eight burners, two wall ovens, a large sink and a deep, round bar sink, a full-size refrigerator-freezer and undercounter bar refrigerator, loads of butcher-block counter space, and a roll-around chopping cart with knife rack. Basically, the design separates the room into two galley kitchens with a cooking island in the center, the most efficient use of the floor space. On one side is a sink, refrigerator-freezer, and dishwasher; on the other, the ovens (one self-cleaning, to liberate me from a hated chore), bar sink, and refrigerator topped with a marble slab for pastry making. Six people can work independently without falling over each other, making it a joy for classes or cooking with friends. Or, if I'm doing all the cooking, guests can walk in from the deck to get ice or freshen drinks at the bar by the sliding door without disturbing me. In summer, when buffet parties flow from the deck through the kitchen to the living room, the cooking island, extended by a drop leaf, becomes the central serving point. When friends stay over, they naturally gravitate to the kitchen for breakfast, come-when-you-please lunches of salads and hors d'oeuvre, or just to sit at the table and chat.

Left: Blithe start for a summer day—breakfast by the kitchen window that looks out over a sunlit tangle of trees, shrubs, and huge granite boulders. Dishes are easily accessible from 6-inch-wide shelves tucked neatly into slim space between wall and window.
Above: Coffee-craving guests can help themselves from ceramic cooktop while frittatas (recipes, page 104) are prepared at the cooking island.

The storage is open, the floor hides spills, and the layout lets everyone cook together





Company in the kitchen

The first thing everyone notices is the floor, a vinyl 18-inch copy of Portuguese ceramic tiles I spotted in a Greenwich Village restaurant. I figured if it could stand up to that kind of wear it would be perfect for me. The surface never shows footprints, and anything dropped or spilled disappears into the design —you really have to hunt for it. Otherwise the kitchen is patternless, its look very light, simple, modern, yet in keeping with the New England countryside. I love pale wood and I wanted lots of it. My cabinetmakers, David Platt and Bob Anderson, kindred spirits, made me cabinets and shelves covered with white-maple veneer lacquered and rubbed down to a satiny smoothness that needs only to be wiped with a damp cloth. They even made matching pegboard for my sauté pans and skillets. As I didn't want to spoil the smooth lines with projecting hardware, we borrowed an idea from Terence Conran's London kitchen: round holes instead of pulls on cabinets and drawers (for flatware, tools and gadgets organized in Japanese baskets and place mats and linens). The rest of the storage is open and visible, because out of sight means out of mind. Besides, there is no better decoration than the things you use.





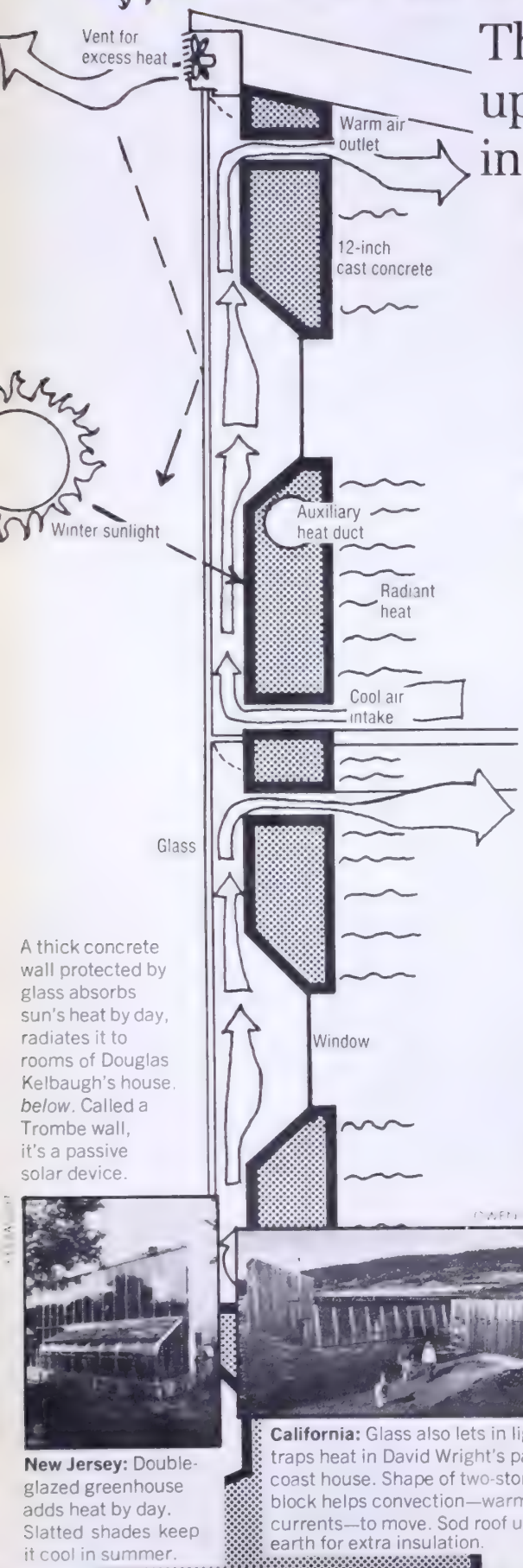
Opposite page, center: Galley-style equipment line-up saves steps between sink, refrigerator, and cooking island. Drop leaf extends counter for extra space.
Opposite page, left: For hang-up storage, dowel sections fit into angled holes in pegboard.
Opposite page, top: Amused students watch me upend a copper bowl to prove stiffly beaten egg whites will hang in there.

Above: For deck party, chopping cart rolls from kitchen to hold grill for barbecued chicken. Copper washboiler cools wine.
Top: Mobile cart fits in niche between bar and window wall.
Left: Compartmented cabinet above ovens holds baking gear.
Right: From deck, you can pick peas, or give vegetables a quick shower with the hose.
Building facts, page 151.



Solar energy

The latest in tax breaks, technology updates, and a good look at the sun in action in houses across the countr



A thick concrete wall protected by glass absorbs sun's heat by day, radiates it to rooms of Douglas Kelbaugh's house, *below*. Called a Trombe wall, it's a passive solar device.

Probably about a thousand buildings in the United States use solar energy directly for at least some of their heat (compared to a mere hundred or so only two years ago), and at least some of those enjoyed toasty temperatures in the high 70s last winter. The coming age of the sun is going to do a lot for creature comfort and general quality of life—and some new terms with which to talk about it are coming into use. Here's a quick glossary.

Passive. That's catching solar heat through the design of the house, and holding and storing it in the structure of the house, using as little energy-hungry machinery as possible. It demands a very sophisticated understanding of the nature of heat, but it can be one of the least expensive ways to build a solar-heated house if you are building from scratch because it is basically little more than a few unusual uses of standard building materials. Passive solar-heated houses tend to have massive concrete, brick, or adobe walls to soak up and hold the sun's heat in winter (or the night cool in summer), and lots of south-facing glass. Like most other kinds of solar-heated houses, they are oriented to cooperate with the sun, usually turning windowless backs to the cold north.

Active. "Active" solar systems use specially designed hardware instead of (or in combination with) specially designed houses to collect solar heat. Most retrofitted houses (see *Retrofit*, below) would use active systems; most solar-heated hot water systems are active. Both passive and active are loose terms that cover a broad range of solar applications.

Flat plate collector. This is the thing that goes on the roof of the house, or in the yard, or against the south-facing wal the active component in catching s heat. It consists of a metal abso painted black (because black abs heat) and a heat transfer mediu that's simply air or water flowing the absorber, or water or antifreeze ing through pipes fastened to the sorber—to take the heat from the sorber and carry it off to wherever want it, covered with a glass or pla cover plate transparent to the s waves of light but fairly opaque to longer waves of heat. Once sunl strikes the absorber plate, where it t to heat, it has a hard time getting b out into space through the glass. whole collector is backed with good sulation, to keep the heat you co from wandering around at will. lector systems are classified as *air tems* or *water systems*, depending on heat exchange medium. Systems ca purchased as modular units, or as c ponents, or if you're handy enough plumbing and sheet metal tools and neering design, you could build yourself. Flat plate collectors are c ble of producing temperatures u about 190°F, to be used for space for household hot water, or for both

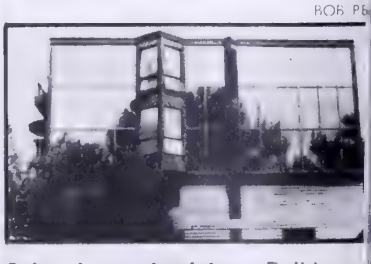
Storage. The sun has a habit of going down every Some days, because of clou might just as well have stayed down any heating system that depends solar energy needs a way to store overnight and for from one to cloudy days. Researchers have y find a heat-storage medium that w better than plain old water or plain rock. So most solar heated houses either a big (2,000 gallons, more or well-insulated tank of water in the b

New Jersey: Double-glazed greenhouse adds heat by day. Slatted shades keep it cool in summer.

California: Glass also lets in light, traps heat in David Wright's passive coast house. Shape of two-story block helps convection—warm air currents—to move. Sod roof uses earth for extra insulation.



Vermont: Jim Kachadorian's passive design for Green Mountain Homes has heavy insulation, shutters to hold in heat at night. Warmth entering south-facing windows is stored under concrete floor.



Colorado condominium: Builder Robert White uses south wall for hot-air circulation. White's bill for auxiliary electric heat in his own unit was $6.33 in January, $2 in Februar Standard patio doors were used to build collector on-site.

and you

By Sandra Oddo

it or a big bin of fist-sized rocks ough which the heat transfer medium ter or air) circulates, giving up the collected elsewhere. A third stor- method uses eutectic salts, like Glau- s salt, that melt when they are heated recrystallize as they cool at night, asing heat in the process. Some mical problems need to be overcome, so far this method has not been ely used.

Insolation. Spelled with an "o" instead of a "u," it means the amount of sun that strikes a n place, something the solar house ner has to know in order to decide much solar collector area he will d. There is plenty: everywhere on h about 300 Btus (British Thermal ts) of solar heat per hour fall on a le square foot when the sun is shin- —but in your climate, at your site, much of it do you get? Weather eau data is available, there are ways measuring it yourself, or the U.S. artment of Housing and Urban elopment has a toll-free number to 800-523-2929 (800-462-4983 in nsylvania) to help.

r retrofit. Retrofitting is attaching solar heat to an existing house. It's ier than installing it on a house de- ed for solar heat, but John I. Yel- solar pioneer and professor of itecture at the University of Ari- , estimates that at least 60 percent ne existing buildings in the country the capacity for some solar heat.

centrating collector. If you want to ct temperatures higher than about F (an air conditioner that operates eat exchange, for instance, needs er temperatures), solar energy has e concentrated. This can be done in y ways, but the one most in use for es today is a highly polished trough ed like a cylinder cut in half. The falls into the trough, is bounced to s on a blackened pipe suspended e the trough. Fluid running through rough gets very hot—temperatures of 400°F to 600°F are possible. Most concentrating collectors have to follow —"track"—the path of the sun as it moves across the sky.

Solar assisted heat pump. Heat pumps are valuable creatures that operate in seeming defiance of the laws of nature. By a technological sleight of hand they take heat from one end and dump it out the other, considerably concentrated and enhanced. (A refrigerator works on a heat pump principle, taking heat from inside the box and dumping it into the room through the coils at the back.) Because heat pumps work most efficiently when the air or water they extract heat from is about 50°F, and because solar collectors are most efficient when the temperatures you collect from them are low—less than 100°F—solar energy and heat pumps are obvious allies.

Solar electricity (photovoltaic). Photovoltaic cells are semi-conductors that turn sunlight into electricity: (Photons of light striking the cell push electrons across a minute barrier, creating an electric charge that's gathered up by hair-thin metal filaments.) All the satellites have been powered by photovoltaic cells, and many remote electrical installations on earth are. One project under study would build collectors to use photovoltaic cells for electricity, and leftover sunlight for house heat. Electricity from solar cells is still horrendously expensive, but it has dropped in price from $200 per watt to less than $13 per watt in the last four years.

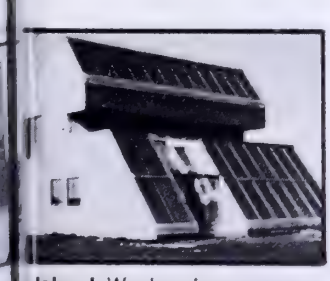
Solar electricity (wind). A promising future is in the wind. NASA has built a huge wind generator in Ohio, several small companies are experimenting with new designs, and the Energy Research and Development Administration is trying out house-size generators at Rocky Flats, Idaho. As with all forms of solar energy (the sun, warming a revolving world, makes the wind blow—so wind is included as solar energy), storage is a difficulty. Phalanxes of car batteries will do it—but so will a gadget called a Gemini Syncronous Inverter, which takes the excess electricity produced when the wind is blowing, and feeds it into the local electric grid (turning the electric meter backwards in the process). Inverters are now installed in 22 states.

Solar electricity (thermal). Concentrating collectors can collect temperatures high enough to make super-heated steam that can turn turbines to generate electricity. The biggest U.S. solar thermal electric system planned to date will soon be constructed near Death Valley, in Barstow, Calif.

More on energy conservation in September plus an up-to-date solar reading list

Where the sun can save taxes

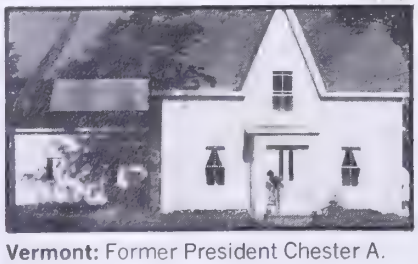
When President Carter announced his energy plan in April, he included income tax credits for homeowners for solar use. Twenty-three states have not waited for the Congress to act. Among them, Arizona provides state income tax credit, exempts solar installations from resulting in property tax increases. California gives tax credit; Colorado eases property taxes. Montana makes capital available. Texas exempts solar devices from sales tax. A brief summary of state laws is available from the National Solar Heating and Cooling Information Center, P.O. Box 1607, Rockville, Md. 20850, where you can also get copies of individual statutes. A somewhat more extensive survey is published by the National Conference on State Legislatures (444 North Capitol St., Washington, D.C. 20001).



Island: Weekend, summer e, designed by Mark news, uses active set of collectors with water sys- o heat space and hot water. ny interrupts it, so people et south sunlight too.



Long Island: House designed by John Whedbee uses Owens-Illinois Sunpak to concentrate sun's heat. Half-silvered vacuum tube surrounds pipe for fluid.



Vermont: Former President Chester A. Arthur once lived in farmhouse retrofitted with solar-heated hot water. Collectors face east and west instead of south, for morning and afternoon light. System provides 140°F—plus water for washing and bathing, both summer and winter.



New Mexico: Adobe walls, tilted Lexan windows, under-floor heat storage, fans warm house designed by Stephen Merdler. Insulated shutters close it at night.


Ruffle up some

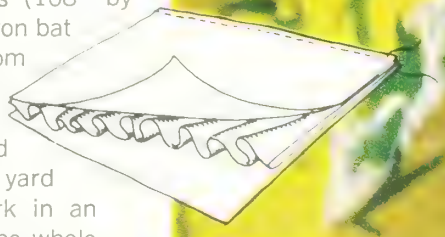
charm



Puff! The magic bedcover that revolutionizes bedmaking. Here's one designed especially for House & Garden—and you can make it yourself

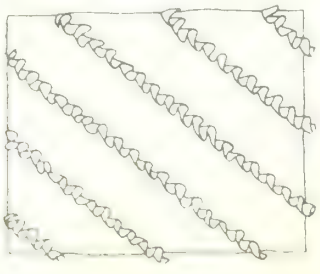
A sleeping bag—that's what designer Michael Taylor calls the bed that's making news because it's so easy to make. But his version is even simpler, and much prettier, than camping equipment. Our word for the ruffly, blossom-strewn bedcover is "puff"—and you can make one yourself from three sheets (here Martex "Singing Blossoms") and thistledown-soft Dacron filling. Then, to make the bed, you just spread the puff on top of a sheet-covered mattress right on the floor, and add a few ruffled pillows. Mr. Taylor let his sleeping-bag bed inspire a bedroom, *left* and *above*, that's a pocket forest, for the illusion of outdoor living even if you're not really sleeping under the stars. To furnish the private woodland glade, he used a tree trunk as a headboard, made chairs of mortars that look like hollowed-out logs. A couple of wicker screens add a sense of enclosure, and the bedside lamp is a bamboo-handled rice-paper fan that looks as if it's on hand to waft soothing breezes. Everything in the room is available through Michael Taylor. For shopping information, see page 108.

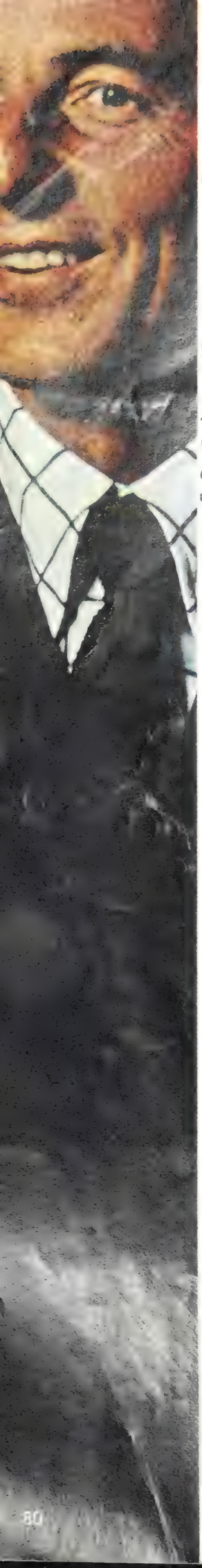
Here's how to make the puff. *Materials needed:* 2 matching queen-size sheets for the puff (90″ by 110″); 1 matching king-size sheet for ruffles (108″ by 110″); 19 yards 30″ Dacron batting with gauze casing (from upholstery shops); matching sewing thread and heavy duty thread such as buttonhole twist; yard stick; tailor's chalk. Work in an area where you can lay the whole puff out on the floor and leave it until it's finished.



Step 1. *To make 6 ruffles:* Lay the king-size sheet out flat and cut vertical *(Continued on page 154)*







NOW YOU CAN GET

TOP DESIGN TOP VALUE

With Angelo Donghia's new collection of ready-made furniture, you can create designer rooms at store-bought prices

What do you want most when you decorate a room? Furniture that's beautifully designed, comfortable, and versatile enough to blend with what you already have? Fabrics that are durable as well as really good looking? A top-name decorator to help you put it all together? And, on top of everything else, are you trying to keep costs to a minimum? Angelo Donghia, one of America's top interior designers, has designed 19 pieces of furniture in 35 different fabrics that bring good design home to you. "Everyone deserves design integrity," he says, and to make it easier for you to decorate on your own, he has designed all the display rooms using his furniture in stores across the country. If you want to, you can take one home with you: "No matter where you live you can have everything in the rooms—any piece of furniture in any fabric, and any accessory." Or, if you'd rather use the furniture in a scheme of your own, you can just add a piece at a time. "My designs are simple, nothing stands out like a sore thumb." Any way you use them, Mr. Donghia's rooms are examples of decorator know-how: what furniture, accessories, and colors work together, how to group furniture; and how to create the atmosphere you want. "I know it's not easy to decide what's right for you. So I've taken the guesswork out of decorating."



WILLIAM P. STEELE

Above right: Here's how easy it is to create a room—and a mood—with Angelo Donghia's new furniture. In an easy-to-adapt background of white walls, curtainless windows, green floor, and plants, Mr. Donghia used a deep-cushioned sofa, a pair of fat, armless chairs "that look like you could cuddle with them," and an ottoman—all in variations of white. With them, a stocky wood table with a dowel-molded enamel base. All prices quoted are approximate and may vary from store to store throughout the country. For shopping information, please turn to page 108.

Here's what this room costs

"EXTENSIONS" SOFA, 92 INCHES LONG, "DIAMONDS" FABRIC	$800.00
FABRIC, BRAID, AND KODEL FIBERFILL FOR PILLOWS	65.50
PAIR OF "CUPID" CHAIRS, UNBLEACHED DUCK CLOTH, @ $300	600.00
"EXTENSIONS" OTTOMAN, "DIAMONDS" FABRIC	225.00
"EXTENSIONS" COCKTAIL TABLE	350.00
8 TATAMI FLOOR MATS, @ $4.49	35.92
BONDING AGENT, PAINT, POLYURETHANE FOR MATS	30.08
GLASS CYLINDER VASE	35.00
PEONIES	10.00 doz.
GLASS ASHTRAY	4.00
LOW STRAW BASKET	2.98
APPLES	.59 lb.
HAND-PAINTED FAN	85.00
(OR PAINT ONE YOURSELF—UNPAINTED FAN, 59¢)	
PLANTS IN POTS AND PLANTERS (prices vary across country)	25-150 ea.



n left: Camelback sofa entirely covered with ferns. **Cocktail table** slab of bleached maple on an ivory enamel base. **Multilevel table** pired by the Italian in me," covered in easy-to-clean vinyl suede and bands of nickel-plated steel. **Lamp table** of enamel and glass. **Armless chair** in gray velvet—"great for two people." **Sofa** in cream or beige, **chair** in muted checks. Fabrics of Kodel. Kroehler furniture.











DECORATIN
BREAKTHROUG

RICHARD GIGLIO

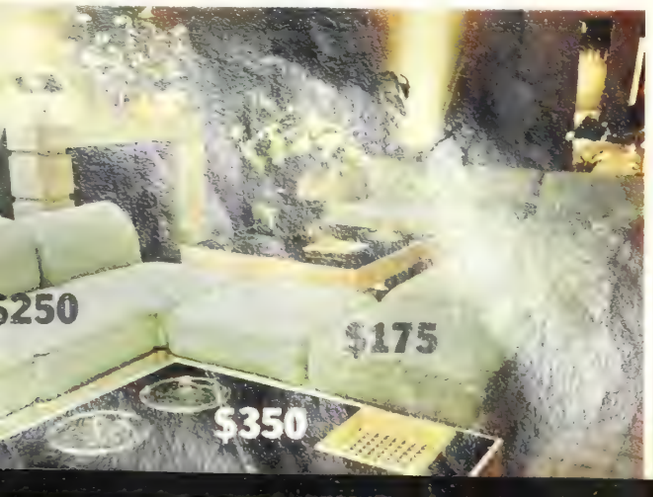


"The furniture is designed for today's informality, but it doesn't date itself. It's classic and it's contemporary."

If you have a few antiques waiting for furniture that will combine with them in a room that makes sense for you, your time has come. Angelo Donghia's new furniture mixes with anything and everything. "There is no perfect combination," says Mr. Donghia, who illustrates his point, *above,* by mixing a wide assortment of antiques with some of his new designs (*see plan, below*). Since these antiques are so varied—a black secretary painted in Japanese style, a pair of Chinese vases, a silver leaf bull's-eye mirror, and a Venetian mirror—he used his more traditional furniture covered in soothing grays: Sofa, inspired by an English camelback with fabric taken from an old tapestry; chair, a rescaled Chippendale fireside armchair; and a cocktail table, a reworked butler's tray. Rug (one from a collection by Donghia for Regal Rugs) works with ceiling and fireplace to make a bold geometric background brightened by red lacquered walls.

From left: **Corner, armless, and ottoman modules** in white duck. **Corner module. Cocktail table** with black glass top. **Sofa** in patriotic checks, **armless chair** in red velvet.

ROGER BESTER









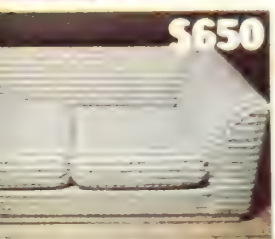
uestion: What furniture won't get lost in a romantic-patterned ckground—but won't compete with it either? Angelo Donghia s the answer: Any of his new designs will work. "In this room [*above*] with three pastel-y patterns on the wall and two in deeper colors on the floor some of my simplest designs in plain fabrics work with—not against—the patterned background." He used five pieces from his new collection—but only three styles "because you don't want to introduce too many more competitive designs" (*see plan, below*): a sofa in a neutral cream on beige fabric, a pair of chairs in gray velvet ("gray is a color that lets you use lots of other colors"), and two glass-and-enamel lamp tables, "small, to avoid cluttering a very busy room." All Donghia-designed furniture is manufactured by Kroehler Furniture. Many of the fabrics are of Kodel, easy-to-clean and durable.

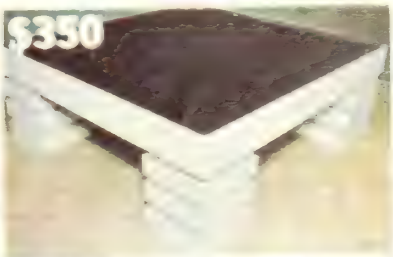
Don't worry bout what to ix with what.

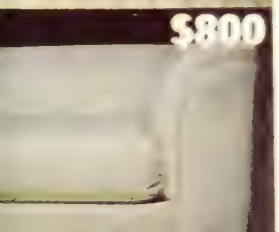


The designs are fool-proof."

From left: Love seat—[illegible] Fat-cushioned sofa [illegible] Cocktail table [illegible] Armchair [illegible] Sofa [illegible] Sofa [illegible] in checkerboard pattern. Bunching table [illegible] page 108





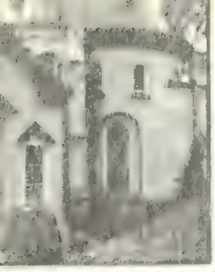












Once a geological laboratory...



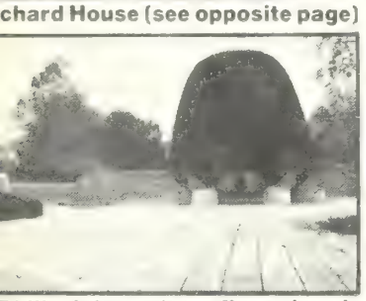
...now a private house



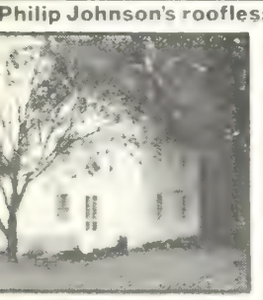
Main Street's iron storefronts



Orchard House (see opposite page)



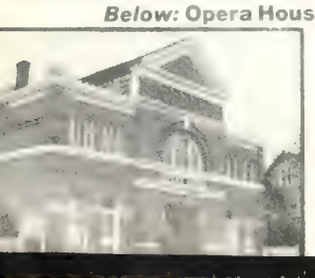
Philip Johnson's roofless church

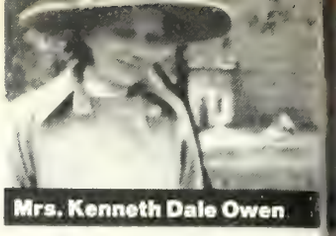


1820 Harmonist residence



Above: Harmonist log cabins
Below: Opera House





Mrs. Kenneth Dale Owen

New Harmony
A heritage restored

The lively revival of a surprising little town that helped shape American life. By Michael deCourcy Hi

Constantinople. Athens. Rome. And New Harmony, Indiana.

New Harmony, Indiana?

Well, listen to a few of this town's original hits: America's first kindergarten, first trade school, first drama club, first feminist organization, first free library. New Harmony was headquarters for America's first geological survey—essential to the opening of the West. And it was a New Harmony citizen who dreamed up the Smithsonian Institution.

So it's not for want of merit that this idyllic village of less than a thousand persons in southwestern Indiana has failed to win recognition as an American cradle of civilization.

Once actually known as the Athens of the West, New Harmony is now being awakened from its 20th-century nap and pressed back into service as an educational and cultural center. Government, foundations, philanthropists, and the town itself have spent a total of $30 million rebuilding the village from the sidewalks up.

Leading patron of restored New Harmony is Mrs. Kenneth Dale Owen, whose husband was its founder and prime mover. "His Herculean efforts saved the town and all its traditions." She herself has spent 36 years and millions of dollars restoring and adding to the town and recreating its original Utopian ideals. "New Harmony's theme was and is reconciliation—the unity of opposites, tensions, sexes, old, new . . . as Paul Tillich said, 'Estranged and reunited.' "

And as if to prove her point, two space-age structures—Philip Johnson's startling roofless church and Richard Meier's sculptured steel Atheneum (endowed by Lilly)—bracket New Harmony's tree-lined streets of historic houses and rough-hewn log cabins. New Harmony is not, then, another Williamsburg or Old Sturbridge Village.

The town was founded by a communal sect of German Lutherans who thought their destiny was to set an example of peaceful human relations.

In just 10 years, they tamed the wilderness and built the town, a square mile in size. With bricks from their own kilns and timber from their own water-powered sawmill, they built houses quickly by prefabricating the parts. The town had 130 town houses—each with its own gardens and stables, dormitories, a granary, a cannery, a factory for cotton, wool, and silk, two distilleries, and a brewery. The Harmonists cultivated 2,000 acres of farm land and exported their surplus as far away as New Orleans and the East Coast.

In 1824, Father Rapp, the commune's leader, feared that their lifestyle was becoming too easy, moved *(Continued on page 92)*

Opposite page: The 1860s Orchard House is a five-bed room house Mrs. Kenneth Dale Owen has renovated fo special visitors to New Harmony. Architect Robert Hatch overhauled it, and decorator Mark Hampton furnished i from Mrs. Owen's own collection and pieces she found i her husband's attic. Kane & Carruth did the landscaping.
1 Main sitting room with tufted Victorian settee and a 1860s Indiana desk. This room is dedicated to Mrs Owen's maternal grandparents, Sarah Campbell an William Thomas.
2 Second floor bedroom has a mid-Victorian poster bed and heart-backed chairs made in Indiana.
3 In the canvas-roofed summer dining room of Mrs Owen's Harmonist house, no two pieces match.
4 and 6 In Orchard House's master bedroom, an 18th century fourposter bed painted by Angelica Kauffman—Mrs. Owen's wedding present from her husband.
5 In another Orchard House bedroom, iron and brass beds are 19th-century English.
Below: In an upstairs bedroom, Victorian furniture an an 1870 cast-iron mantel with églomisé-painted panels



BEADLE


1


2


3


4


5


6



come up to con

Upstairs living with an inside story –



fort

built-in secrets that make maintenance easy, entertaining a joy





Above: Two decks for entertaining. The upper surrounds a living area; the other turns into a barbecue when you don't want to bring them. Top of railing is cool as counters.

Left: Overlooking creek and meadows, house is on two levels: main house, right; bedroom wing, left.

Come up to comfort

Reached by a round, skylighted tower, the heart of the house is the unstructured sunken room for living, dining, cooking, and entertaining. Roof-high, with exposed wood trusses and a band of glass to admit light overhead, it also has sliding glass doors along two outer walls. At one end is the fireplace area with comfortable sofas. At the opposite end, past the dining table, is the kitchen, screened from view by a counter. The convenience of this all-in-one arrangement is made even more pleasant by easy-to-care-for materials and prodigious storage. The floor is traffic resistant, polyurethaned oak, with vinyl in the kitchen.

All kitchen surfaces are faced in wipable plastic laminate; upholstered furniture is of easily washed cotton. The only glass covering is roll-up bamboo blinds. Built-in cabinets under windows, plus the closets in the structural pillars, provide space for many things such as fireplace logs, the quadraphonic music system records.

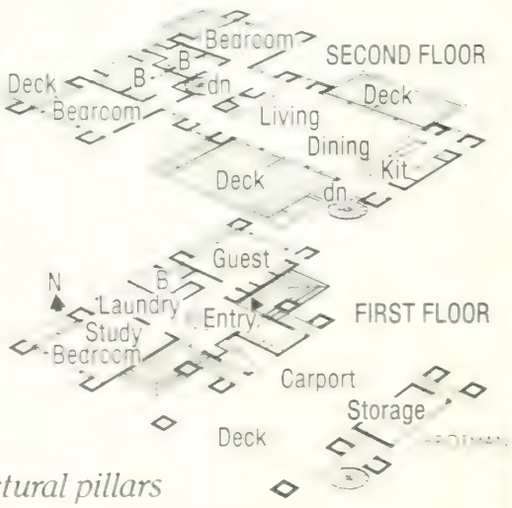
The considerable space for entertaining is doubled for indoor-outdoor parties by the wide decks which run across the front and back of the house. The rear deck, facing the water, has built-in seating and pillar-top planters. A spiral stair leads to the swimming pool and lower deck. Two master bedrooms and baths in the adjoining but separate wing have individual outdoor decks (as do the guest rooms below them). From the upper deck the owners can watch ducks, geese, and pheasants, sunrises and sunsets, and the distant shore—"an ever-changing scene beguiling in all seasons."











Structural pillars hold storage, plants, chutes, even a dumbwaiter

Right: One big room for living-dining-kitchen makes the most of space, light, and view, minimizes furnishings and maintenance.
Above: Plan shows two-level scheme of the house.
Above, left: the dining area.
Left: in gallery kitchen, counter conceals worktop surface, sink, and dishwasher from living area. Alcove holds cooktop cabinet; ovens, refrigerator are recessed in wall. Counters, cabinets in easy-to-clean black plastic laminate in one end wall, and electric dumbwaiter to carport below is in a pillar; also built in pillars, the bar (serving room and deck) and a pots and pans closet.
Right, the family at the dining table and, [illegible] at the fireplace with architect Dale Booher. Building facts, page 109.



Surprise! The living



tertaining center is on the second floor

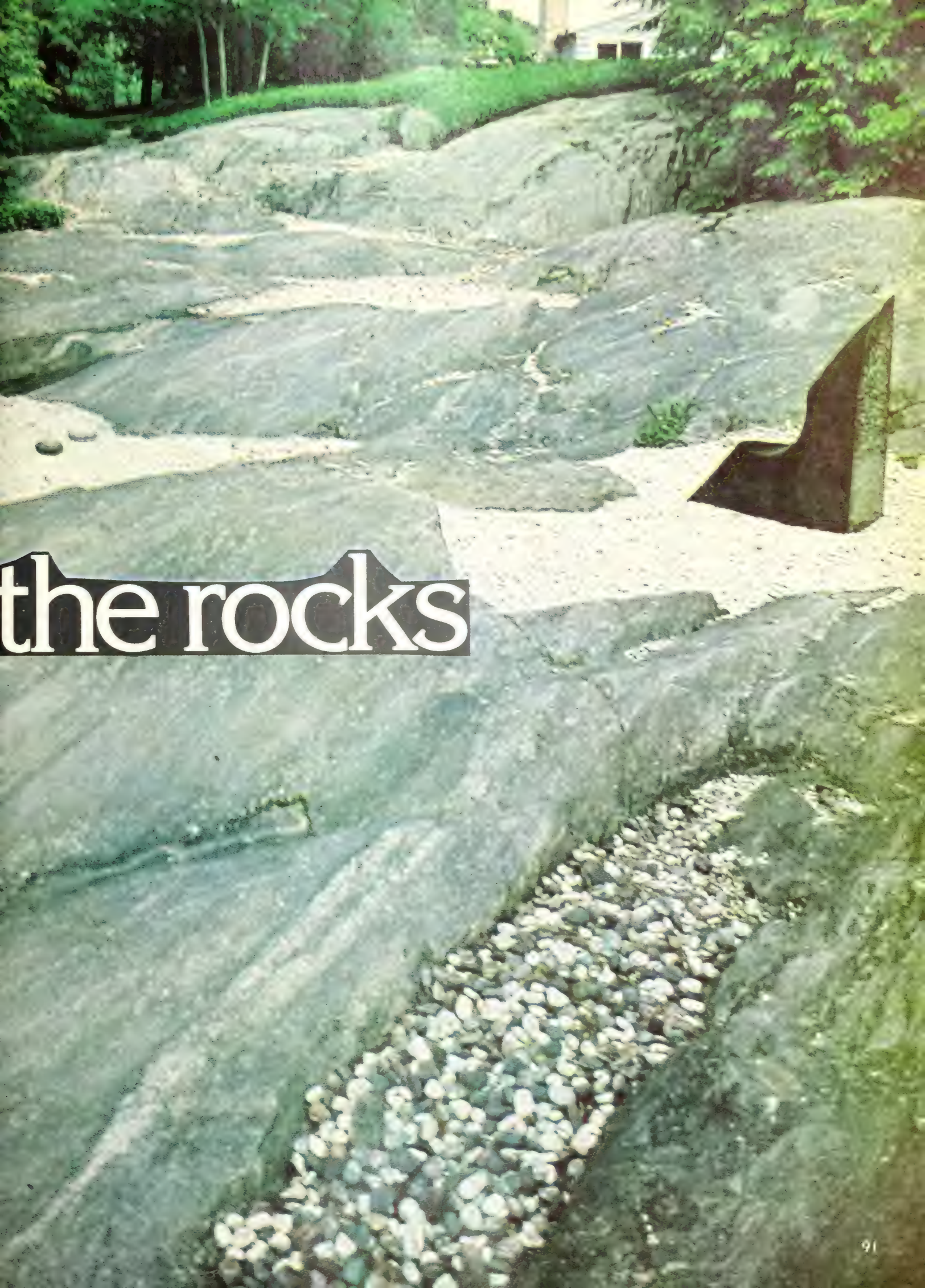
Gardening on

How Japanese techniques can turn a boulder-strewn hill into a landscape of beauty

Stone is mystical to the Japanese and essential to their gardens—particularly the dry landscapes, where rocks are "planted" just as carefully as trees and shrubs. So when Mr. and Mrs. Irgens Larsen came back from Japan, they looked with new eyes at the glacial rock around their New York State house: grassy patches were a misery to mow; why not create a garden with stone?

"It took a feeling for stone and a strong back," remembers Mrs. Larsen. Now, between house and swimming pool, crevices in the glacial terrain are filled with small white stones to suggest moving water. Along the back of the house, rock and mounds of green plants combine for a softer effect. A hillside spills stones that have been carefully arranged to suggest a wandering brook, a dry stream that comes to rest in a shiny pool of black pebbles swirled in darkened concrete. Alongside, spikes of iris stand out against the sculptured green of succulents, pachysandra, native ferns, and violets. Viewed from the terrace (a viewing spot is common in Japanese gardens), all is framed by distant woods —a Japanese technique that opens this small-scaled landscape to the greater world beyond.

Opposite page: Landscape without plants. Sculpture by Handa sits in an eddy of white stones surrounded by pebble rivulets.
Above: The terrace overlooks a greener rock garden.
Top left: A dry stream meanders down a rocky outcrop.
Top right: Atop of dry stream, sculpted basin collects rain.
Bottom left: Semicircular fountains by terrace wall extend the watery illusion with sound.
Bottom right: Stepping stones cross the suggestion of a pool.



the rocks

the Harmonists to Pennsylvania, and sold New Harmony for $190,000. The new owner was Robert Owen, an enlightened industrialist from Scotland, who had another Utopian plan, including such ideas as "children are the guests of humanity and should be treated with all honor, care, and kindness."

Science, heralded as the key to the good life, was the cornerstone of their communal experiment. Laboratories were built and New Harmony became a mecca for botanists, geologists, archeologists, paleontologists, and chemists.

For another 36 years New Harmony remained a cultural center, setting scientific, educational, and social milestones. The mineral resources of the West were mapped by Owen's son, David Dale, and other geologists. Sons Robert, Richard, and William, together with New Harmony citizens like William Maclure and Thomas Say, spread the gospel of universal education and social equality long after leaving Indiana. Maclure endowed 160 public libraries; Say founded the Philadelphia Academy of Natural Sciences.

Quite by chance, it was an Owen descendant who began New Harmony's rebirth as the Athens of the Midwest.

While honeymooning in 1941, Kenneth Dale Owen, great-great-grandson of Robert Owen, and Jane Blaffer Owen, daughter of a founder of Humble Oil Corporation, visited New Harmony. It was alive with flowers and hummingbirds, but the town was dying. The reason? People worked, shopped, and, sooner or later, moved to nearby Evansville. Main Street was partially boarded up; historic houses crumbled.

Mrs. Owen saw through the gloom. "Spoiled rich girl that I was, New Harmony's special aura caught me on fire.

"It just couldn't go down the Wabash. People thought I was a wild woman—moving houses, restoring buildings that looked like snaggleteeth. They thought I was insane," she says cheerily.

She also recruited Ralph G. Schwartz, who directed the United Nations's area development in New York City, to organize Historic New Harmony Inc., a nonprofit restoration corporation.

"We used just about every preservation method there is," said Mr. Schwartz, whose plan has since won two Housing and Urban Development awards. To create a large historic district, nonhistoric buildings were either razed, or relocated and replaced with Harmonist houses, 18 of them moved by truck.

The Harmonist house—there is only one design—is simplicity itself. No frills, not even a front door. Entrance is by way of a flower garden and through a six-panel door, symbolizing a cross over an open Bible. Rooms are square and bare. Typically, the Harmonists bought their furniture from a nearby Amish community, whose taste for unpainted, spare furniture they shared.

Although major restoration was required on all of the 150-year-old houses, structurally they were sound as new, thanks to the Harmonists' intricate method of reinforcing supports.

Businessmen on Main Street could not afford to restore their turn-of-the-century storefronts so Historic New Harmony Inc. leased or took easements on the cast-iron façades for restoration and permanent maintenance.

Historic New Harmony Inc. also began rebuilding the town's economy and reputation as a cultural center by setting up—and then leasing out—a gourmet shop, a gallery of contemporary art, and nine shops for internationally known antique dealers. A television studio linked to a public station in Evansville will broadcast live concerts and theatre productions for Murphy Auditorium.

Three years into the four-year project, excitement and optimism course through New Harmony in equal measure. Fourteen new businesses have opened, more than 200 new jobs created, a small clinic built, town houses—designed by Evans Woollen—are going up, and young people are flocking back to the town. Ten

Continued on page 154



WINE & FOOD



ADVENTURES WITH VEGETABLES

like a delectable layered purée

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GENERAL ELECTRIC

WINE

This month: Shopper's guide to fruit and vegetables • delicious vegetable ideas by Maurice Moore-Betty • news from a gourmet gardener • plus thirst-quenching summer wines

Shopping adventures with vegetables

By Sandra Oddo

Please don't squeeze—there are ways to tell when vegetables and fruit are ripe and ready

It's one thing if the artichoke is frozen in butter sauce and marked with a brand name, or if the green beans are sealed in plastic wrap. Then you rely on somebody else's expertise and on the reputation of the food packer or the market.

But suppose you want to be the expert. What does a ripe tomato look like? How do you pick a melon? How should lettuce feel? Can you tell if corn will be tender? Here are some quick tips, the results of personal experience collected from mothers and grandmothers, from consumer-affairs people, and other people who ought to know.

Vegetables

Most fresh vegetables deteriorate, some faster than others, from the minute they're picked. But most of them, tattletales that they are, carry signs to attest to the state they're in, signs that are reasonably simple to read.

• **ASPARAGUS** should be on the slim side for flavor—but not pencil-skinny, the product of a young plant still inexperienced in producing the true and tender stalk. The head, also a bud, should be tight. The shaft should be smooth and round, without ridges, and not in the least limp or dusty-colored. Freshness probably makes more difference to the flavors of asparagus and corn than to any other vegetables. It can make for such ecstatic eating that it's worth worrying over.

• **BEANS AND FRESH PEAS** ought to snap when broken. If they're flexible, forget them.

• **THE CABBAGE FAMILY** includes cauliflower, broccoli, and Brussels sprouts as well as cabbage. All of them should have nice tight heads. Cauliflower and broccoli are basically buds—and the buds should be tightly clenched, not on the edge of opening into flowers. No brown spots. Brussels sprouts should be green, with no faded, flapping edges to the leaves. If cabbage heads have green, flapping edges and vigorous outer leaves, on the other hand, it probably means they've come nearly straight from the fields.

• **CARROTS, PARSNIPS, AND TURNIPS** are long-lived. As long as they're rigid and the color is good, they're usually okay. The tips go first.

• **CORN** practically puts up signposts to freshness. The silk should be brown and dry (that's how the farmer tells that it's ready to pick), but not in the least slimy. The outer leaves should be green and folded tightly together—except for the two or three on the very outside, that explode from the ear around the top like banners (these are often stripped away in supermarkets). The whole ear will feel plump in the hand. Inside, the kernels will be fat and juicy but with no overripe dents. If pressed with a thumbnail, they'll spurt. The minute it's picked, corn starts converting its natural sugar to starch, so the closer to the farm you get, the sweeter it's likely to be.

• **CUCUMBERS** are waxed these days to help hold moisture. Store-bought ones should be peeled. If the ends are at all withered, pass them by.

• **GREEN PEPPERS** are also sometimes waxed in stores, to keep them fresh. They should be firm and fleshy and green. The stem ends start to go first. Fully ripened green peppers are red, and as full and firmly fleshed.

• **LETTUCE** heads should feel firm and solid. You don't have to squeeze: just sort of heft each in your hand. If it feels light and a little squishy, the leaves are loose inside. Color should be a healthy green—most of the vitamins are concentrated on the outside. Markets sometimes strip the wilting outer leaves from aging lettuce to make it look fresher—but whiter.

• **MUSHROOMS** should be firm, white, and closed around the stem. Once the cap separates from the stem, it's on its way out, losing flavor and getting tough. If you've kept some too long in the refrigerator, and they open, you can use an old French trick to revive them a little: Peel them, grasping the skin at the edge of the cap and stripping it back. The peels can be discarded—or, tossed into a stew, they add a little flavor.

• **ONIONS** start to smell very strong just before they sprout.

• **POTATOES** should have clear-looking skins and no trace of the sprouts from the eye that mark the beginnings of next year's plant. They should feel quite hard. If they're a uniform shape it helps in cooking, but has no bearing on flavor. Some people have a fondness for the odd-looking winter potatoes that in spring, when they're sold to clear out stock, seem to acquire extra sweetness.

• **SUMMER SQUASH** are crisp, with tender skins, and don't really keep at all. Green zucchini, yellow crookneck or straightneck, they should be fairly slender to avoid big tough seeds inside, and brightly colored.

• **SWEET POTATOES** (and yams) should have a nice clear-looking skin. The shape doesn't matter much—they like to grow into exotic forms—unless you want to bake them. Then, a straightforward potato shape helps to do it evenly. They don't keep long and shouldn't be in the refrigerator, where they'll get limp.

• **TOMATOES** should be or-



angy-red, not pinky-red (except for beefsteaks, the big fat round kind, naturally rather pink). Most tomatoes raised for winter consumption in the north are picked green and gassed with ethylene to turn them pink en route. It's a process that does nothing to alter the green-tomato flavor. Often a good-quality canned tomato, allowed to ripen on the vine near the cannery, will taste better in winter salads. Ethylene, by the way, is a natural byproduct of the ripening

Continued on page 110

Adventures with vegetables

Creams of the crop



aurice Moore-Betty

Puréed, stir-fried, served with style—here a master shows how to make vegetables that make the meal

"I like serving vegetables as a separate course," says Maurice Moore-Betty, who devised these vegetable dishes to look as good as they taste. The Harlequin purée (see Wine & Food cover and recipe below), Cheese mousse with asparagus, and Cheese soufflé-filled artichoke can stand on their own as a first course or a main lunch dish. The cauliflower panache makes an attractive accompaniment to a meat or fowl entrée served in individual ovenproof ramekins. Try serving a selection of vegetables for a large buffet (to accompany a country ham, perhaps) set out on a large platter (*see right*) to be heated in butter at the last moment.

Mr. Moore-Betty, who teaches cooking in New York, emphasizes the importance of prime-quality vegetables. "Make sure your vegetables are young and fresh; buy the best you can find."

Vegetable harlequin

(see Wine & Food cover)

INGREDIENTS

1 pound white turnips, peeled and sliced
¼ pound (about 2 small) potatoes, peeled and sliced
2 packages frozen spinach, thawed and drained, or 2 pounds fresh
1 small head cauliflower, chopped
1 bunch carrots, peeled and sliced
2 cups béchamel sauce
salt, pepper
nutmeg
1 pound Gruyère cheese, coarsely grated
½ cup buttered bread crumbs

METHOD

☐ Cook vegetables separately in boiling salted water until tender. Purée turnips and potatoes together with a small amount of béchamel sauce. Purée remaining vegetables separately, each with a little of the béchamel. Season mixtures with salt, pepper, and nutmeg to taste.

☐ Butter a 2-quart glass soufflé dish. Spread the turnip-potato mixture on the bottom and sprinkle with Gruyère. Add a layer of the spinach; sprinkle with Gruyère and repeat with the cauliflower and carrots.

☐ Sprinkle top with bread crumbs and bake in a preheated 350° oven 25 minutes until browned and heated through. Serves 8.

Béchamel sauce

INGREDIENTS

2 cups milk
2 slices onion
1 bay leaf
12 peppercorns
2 tablespoons sweet butter
2 tablespoons flour

METHOD

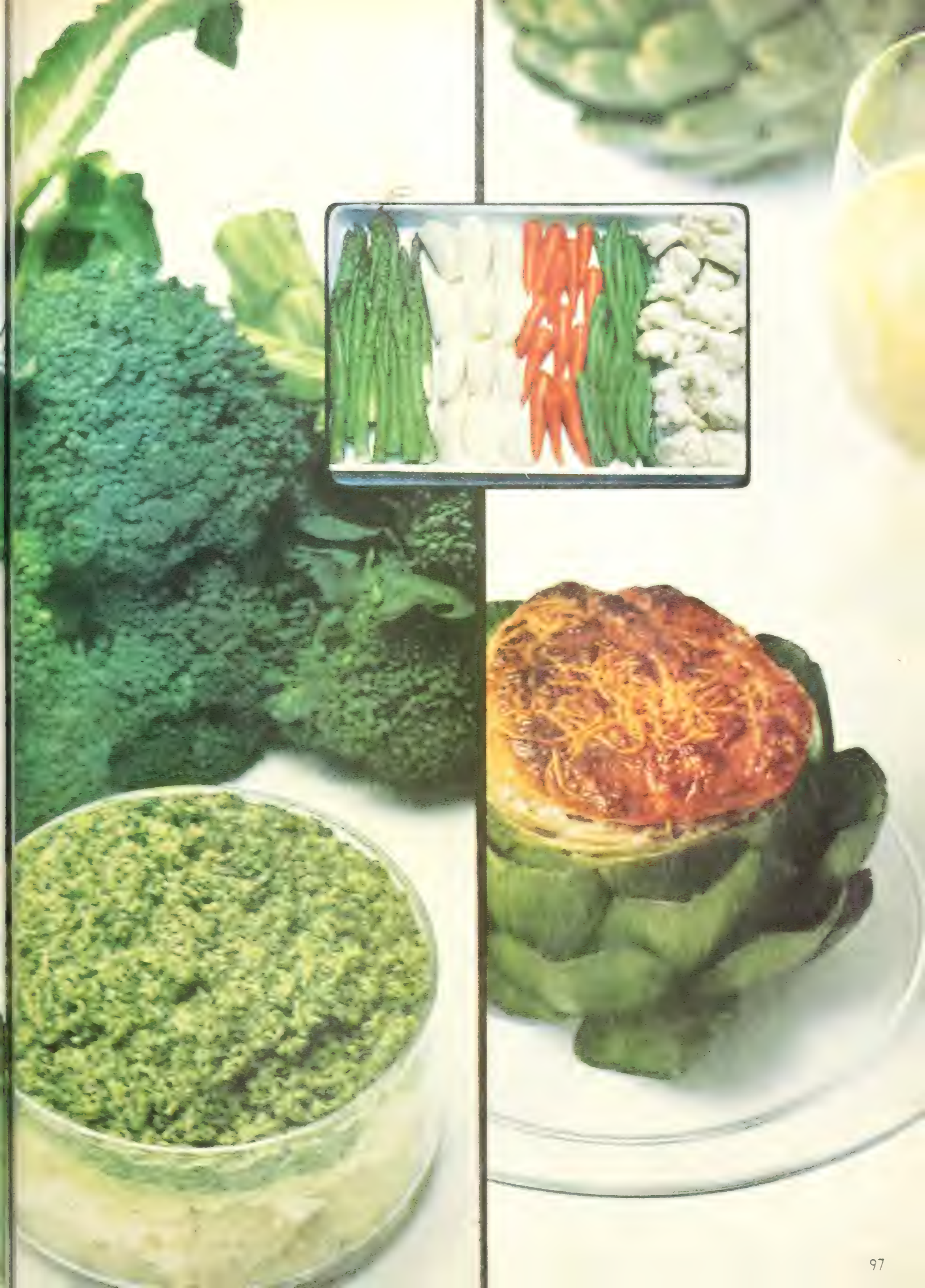
☐ Combine the milk, onion, bay leaf, peppercorns in a saucepan; simmer gently 5-6 minutes, covered. Strain and reserve milk.

☐ Melt butter in a heavy pan. Add flour and cook gently 5 minutes, stirring. Do not allow to color. Add ½ the milk and mix thoroughly. Whisk in remaining milk. Cook 2 minutes until thick. Season with salt to taste. Makes 2 cups.

From left: Cheese mousse with a fence of asparagus, a beautiful, molded entrée for a summer lunch. Cauliflowerets topped with a purée of broccoli, an elegant, individual vegetable course. Artichokes filled with cheese soufflé sauce for leaf dipping.

Inset: A parade of blanched vegetables for self-selection on a buffet; final sautéing on spot.

For recipes, see page 110.





Adventures with vegetables

The gourmet gardener

What's a Charentais melon? How do you fix New Zealand spinach? What's so great about haricots verts? For the delectable answers, read on

As any good cook will tell you, experimenting adds zest to cooking. That same adventurousness makes for creative gardening. Mrs. Leonard Birnbaum ducks compliments but says, "Trying new things is what keeps us going. Being gardeners, we love to visit the countryside and farmers' markets when we travel. It's a great way to discover new vegetables. Experimenting with them in our own garden and kitchen is always interesting."

The Birnbaums grow some 40 kinds of vegetables and fruits in their 150-by-65-foot garden (see House & Garden, April, 1972), including shallots, Chinese cabbage, snow peas, okra, and four kinds of melon.

One of their favorite discoveries is a small fragrant melon from the Charentes province in France. "Charentais is a type of cantaloupe —a true one. What we call cantaloupe in America is actually a musk melon." The Charentais is smooth-skinned (no netting) and weighs only a pound or so at its round, sweet ripeness. Bonny Birnbaum uses scooped halves to hold summer soup (see recipe at right) or a splash of Reynac Pineau (see page 65). She even slices and freezes Charentais for cooking. "Melons never thaw to a fresh texture, but you can use them in flans or puréed." Mrs. Birnbaum saves seeds to start each spring, wintering them cool and dry in covered tins. (Because the Charentais is not a hybrid, the seeds bear true.) Some seeds go into plastic eggcrates and a south window; others in peat pellets and the greenhouse until the plants can be put out in rows. The Birnbaums use strips of black plastic to keep soil moist and weed-free, setting the seedlings in slits 1 foot apart. From there, the melon takes 75 days to mature. The Birnbaums' first seeds came from Vilmorin-Andrieux, 49750 La Menitre, France ($1 for the catalogue). A heavier variety, Charentais Improved, is available from Stokes Seeds Inc., Box 548, Buffalo, N.Y. 14240; the catalogue is free.

Another family favorite is New Zealand spinach, commonly available but not well known—though unlike most spinach it is drought and heat resistant. "New Zealand spinach is delicious cooked, but not so good in salads," Mrs. Birnbaum says. "All summer long you can pick the leaves to purée or freeze. I blanch them one minute, chill, drain, and put them in the freezer. We use the spinach in pies, with oysters, and stuffing for onions, mushrooms, or breast of veal. We're never without it." Seeds are hard and require soaking 24 hours before planting; 55 days to maturity. The thick, dark green leaves make attractive low summertime hedges.

Haricots verts, French for green beans, are prolific bush beans and another Birnbaum crop. Triomphe de Farcy is the variety they brought back from a wine-buying trip in France. (Their firm is Peartree Imports.) The beans mature in 45 days, and in the Birnbaum garden are planted in double rows every three weeks until mid-August, "though we're gambling toward fall." Some are dried each year as seed-crop for the next spring. Vilmorin sells them, as does Le Jardin du Gourmet, Box 106, West Danville, Vt. 05873; catalogue, $.25. For recipes, turn the page.

Charentais melon soup

INGREDIENTS

6 Charentais melons
zest of ½ lemon, grated
3 tablespoons parsley, chopped
3 cups raw, sieved tomato
½ tablespoon onion, grated
½ cup sour cream
1 tablespoon sugar
1 medium cucumber, coarsely grate
6 slices prosciutto, julienned
pepper

METHOD

Cut tops from melons, discard seed
Sprinkle inside of the melons wi
the zest and parsley. Combine in
bowl the sieved tomatoes, onion, so
cream, and sugar. Stir until smoot
Add cucumber. Fill melon cavitie
with soup. Sprinkle prosciutto ov
the soup and grind fresh pepper ove
Serve chilled. Serves 6.

Left: Mrs. Birnbaum with a bouquet of herbs for buffet table near the vegetable garden.
Right: 1 A fresh-from-the-garden lunch: Charentais melons, spinach pie, salade Niçoise, herbed coeur à la crème—with potato bread and a bottle of Kriter Blanc de blancs.
2 Centerpieces from the garden: a basket of chive blossoms cut fresh and allowed to dry.
3 Red and green tomatoes in a Swedish basket.
4 Gold-Pak carrots in a hollowed cedar burl.
5 New Zealand spinach as pie filling.
6 New Zealand spinach as onion stuffing.
7 Charentais melons, stems tied with French tricolor ribbon, ready to share.
8 Salade Niçoise featuring haricots verts, slim round beans that stay green after cooking. EMERICK BR





2



3



4



5



6



7



8

continued from preceding page

Selina's pickling brine

INGREDIENTS

pickling cucumbers, haricots verts, carrots, or any vegetable, whole, sliced, or julienned
dill sprigs
garlic cloves, peeled
pickling spices
1 cup vinegar
3 cups water
¼ cup salt

METHOD

☐ Fill pint or half-pint jars with prepared vegetables. Add 1 sprig dill, 1 clove garlic, and 1 teaspoon spices to each pint jar and ½ teaspoon for each half-pint.

☐ Bring vinegar, water, and salt to a boil and pour over the vegetables filling jars to the top. Seal. Any extra brine can be stored in the refrigerator until needed.

New Zealand spinach pie

INGREDIENTS

about ½ pound mozzarella cheese
2½ cups spinach, cooked, drained, then squeezed of all water
3 tablespoons butter, room temperature
½ cup heavy cream
salt, pepper
1 8-inch prebaked pie shell

METHOD

☐ Dice enough mozzarella to make ½ cup. Combine the spinach, butter, cream, and diced cheese in a bowl. Season to taste with salt and pepper.

☐ Pour into the pie shell. Slice pieces of mozzarella and decorate the top of the pie. Bake in a preheated 350° oven 10 minutes until cheese on top begins to melt. This may be served hot or at room temperature. Serves 4 as a main course; 6 or more as a first course.

Coeur du Jardin

INGREDIENTS

2 8-ounce packages cream cheese
1 pound cottage cheese
2 cups heavy cream
1 cup fresh herbs, chopped (use dill, chives, parsley, or basil and chives, or thyme, chives, and parsley—to your taste)
salt, pepper
fresh crushed peppercorns
bread and crackers

METHOD

☐ Combine cream cheese and cottage cheese in a large bowl and beat until smooth. Blend in cream.

☐ Line a colander with a double layer of cheesecloth. Pour in cheese mixture. Place a plate underneath, and allow to drain for at least 8 hours in the refrigerator or a cool place.

☐ Mix in the chopped herbs, salt and pepper to taste. Line a 1-quart bowl or any mold of that size with cheesecloth and pour in cheese mixture. Leave to mellow and set in the refrigerator for several hours (or days, if that is more convenient). Unmold onto a platter and garnish as you wish. Cover the outside with freshly crushed peppercorns. Serve with bread or crackers. Serves 12 or more as an appetizer.

Mr. Bonoff's potato bread

INGREDIENTS

1 package dry yeast
2½ cups warm potato cooking water
8 cups unbleached flour
½ tablespoon caraway seeds
2 tablespoons salt
1 cup potatoes, cooked, cooled, and mashed
oil
butter

METHOD

☐ Dissolve yeast in ½ cup of the warm potato water. Mix with 3 tablespoons flour in a large bowl. Allow to rise for at least 30 minutes.

☐ Add remaining water, caraway seeds, and salt. Add remainder of flour and mashed potatoes. Mix well. Knead in an electric mixer for about 5 minutes or by hand on a floured board for about 15 minutes until the dough is elastic. Shape into a ball.

☐ Oil a large bowl, place dough in it, and turn to oil top. Cover with a clean cloth. Place in an electric oven that has been heated for 2 minutes at a warm setting and turned off, or in a similar warm place.

☐ When doubled in bulk, remove and punch down. Knead again for about 5 minutes. Shape into 2 small loaves or 1 large loaf. Place in a buttered cast-iron skillet. Let loaves rise for 35 minutes. Brush with water. Make a cross incision with a sharp knife. Bake in a preheated 400° oven for 1 hour, or until bread browns and sounds hollow when tapped.

Onions stuffed with spinach

INGREDIENTS

6 medium or large Spanish onions
2 cups spinach, slightly cooked, and drained
4 tablespoons cream
salt, pepper
nutmeg
2 tablespoons butter
olive oil

METHOD

☐ Wash onions. Remove outer skin. Poach in a shallow pan half filled with water for about 10 minutes.

☐ Remove center of onion, leaving abou ½ inch around the outside and bottom Chop onion centers and spinach togethe in a bowl and add cream, salt, pepper, an a dash of nutmeg. Stuff onions with mix ture. Top each onion with a piece of butter

☐ Place in a buttered pan, cover with foil and bake in a 350° oven 20 minutes Onions should not lose their shape. They may be served hot, or, if cool, with a drop of olive oil over the top. Serves 6.

Brine for pickling fruit

Pickled fruits are very good to serve with cold meats, game, and ham.

INGREDIENTS

2 cups tarragon vinegar
½ cup sugar
4 teaspoons salt
fruit—especially blueberries and cherries, well washed and picked over

METHOD

☐ Bring vinegar, sugar, salt to a boil; pour over fruit packed in 4 pint jars. Fill remaining space with boiling water. Seal.

Melon custard

INGREDIENTS

1 Charentais melon, peeled, cut in half, sliced into wedges
½ cup Reynac Pineau des Charentes (A cognac-based apéritif from Charentes, the Cognac region of France)
butter
½ cup sugar
1 cup milk
1 cup cream
3 eggs
¼ cup flour
pinch salt
1 teaspoon vanilla
sauce, optional (recipe below)

METHOD

☐ Marinate melon sections in the Pineau in a bowl for at least ½ hour. Butter an oval 1½–quart baking dish and sprinkle with 4 tablespoons sugar.

☐ Drain melon wedges and reserve the Pineau. Arrange melon wedges on the bottom of the prepared dish. Blend milk, cream, eggs, flour, remaining sugar, salt, and vanilla together in a bowl. Gently pour it over the melon so that the pattern is not disturbed. Bake in a preheated 350° oven 45 minutes, or until it turns a golden brown. Serve warm. Serves 6.

Sauce

INGREDIENTS

1 cup heavy cream
2 tablespoons confectioners sugar
½ reserved Pineau from marinade

METHOD

☐ Whip cream with sugar until thick. Add the Pineau. Serve the sauce separately. ■

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'Enriched Flavor' tobacco seen as major factor in unprecedented smoker move to low tar.

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MERIT

Kings & 100's

By José Wilson

Wines to quench a summer thirst

Wines to pique the appetite, to sip or gulp, to relax with and enjoy

Certain wines might have been made for summer drinking. When the temperature soars, the fresh and youthful whites and rosés and light-bodied reds come into their own. Their uncomplicated simplicity and crisp fruitiness, like biting into a juicy apple, refreshes and stimulates the palate, making them perfect apéritifs or accompaniments to the foods of summer—salads and cold stuffed vegetables, cold meats and poultry, seafood, aspics, and pâtés, egg dishes, cheese, and fruit. These are not wines to be taken seriously, sniffed, tasted, and mulled over, but wines to quench the thirst and pique the appetite, to sip or gulp, to relax with and enjoy.

Fortunately, because they can be bottled and marketed faster than the great wines, and are frequently made with less expensive grape varieties, wines for summer drinking fall within a reasonable price range, from under $3 to a top of around $5—less if you buy generic or jug wines. At such prices, you can seize the opportunity to try out unfamiliar ones. If they turn out to be less than satisfactory, there's no harm done. In summer, almost anything can be made palatable. Just mix a white with soda for a spritzer, add a drop of crème de cassis for a kir, make a punch or sangria with a white, rosé, or red, or drop a peeled peach or some strawberries into the wineglass for dessert. Chances are, though, that you will enlarge your knowledge and wine list with some delightful and unexpected finds.

Bargains for everyday drinking

For excellent value, nothing can top the jug and generic wines that are coming out of California. Now that they are being made with better grapes, you can get some amazing bargains. One is the 1975 Chablis blend of Parducci Wine Cellars which contains 53 percent oak-aged Chardonnay and could, by law, be labeled as a varietal and sell for much more than the modest price of $2.50 a bottle in California. Another favorite of mine is the White Table Wine of Robert Mondavi, a top Napa winery. If bought in magnums, this works out to around $2.30 a bottle, and there's a companion red at the same price. Many leading wineries, among them Beaulieu, The Christian Brothers, Mirassou, Simi, Sonoma Vineyards, and Wente sell their own Chablis blends by the bottle.

Dependable jug wines include those of Almadén, Beringer, Concannon, Inglenook, Gallo, Paul Masson, Louis Martini, and Sebastiani. From New York State there's the dry Chablis Nature of Gold Seal, Boordy White, Great Western's Aurora Sauterne, and, if you like the distinctive flavor and fragrance of the Eastern labrusca grapes, Taylor's Lake Country White, Gold Seal's Catawba White, and Great Western's Dutchess Rhine.

Wines to sip and savor with summer food

California excels in having the widest range of light, eminently drinkable summer wines. A delicately fragrant Johannisberg Riesling, a young and lively Chardonnay, a crisp Sauvignon Blanc, a clean, fresh Green Hungarian, French Colombard or Sylvaner, or a soft, ingenuous Chenin Blanc can be a delight to sip on a hot day. A lightly chilled Gamay or Gamay Beaujolais goes perfectly with charcoal-broiled meats and poultry, and there are plenty of rosés made from Grenache, Zinfandel, Cabernet Sauvignon, Petite Sirah, Gamay, and Pinot Noir grapes that are dry enough to taste as good as an apéritif as they do with a salade Niçoise, or duck with a fruit sauce. California rosés, again because many are being made from superior grapes, are among the best you can find. Ste. Michelle, a Washington State winery, has an extremely good Grenache Rosé, a lovely crisp, clean Chenin Blanc, and a dry Sémillon with good body and character, all well priced at $3 to $4.

New wines to look out for

It used to be rare to find a wine on sale within three or four months of the harvest. That is no longer so. Robert Mondavi's 1976 Chenin Blanc, bottled in November, was in the stores by January. Dry Creek bottled its 1976 Chenin Blanc, Rosé of Cabernet Sauvignon, and Gamay Beaujolais in December and released them early in 1977. You will probably be seeing quite a lot of 1976 Chenin Blanc and Johannisberg Riesling from various wineries such as Mondavi, Dry Creek, Mirassou, Parducci, Pedroncelli, San Martin, and Sonoma Vineyards. San Martin also has a very clean, crisp, and fruity 1976 Emerald Riesling, one of the best examples of this wine that I have tasted. These are all wines to snap up and drink now, while they are in the first flush of their exuberant youth.

You might also put on your summer tryout list for a special occasion the first sparkling wines to be released by Domaine Chandon, the Napa Valley arm of Möet et Chandon, Napa Valley Brut and Cuvée de Pinot Noir, and Almadén's sparkling "Eye of the Partridge," an orange-pink blend of Pinot Noir, Pinot Blanc, and Chardonnay.

The light whites of Europe

Even with the rising cost of imports, it is still not hard to find a good range of pleasant, relatively inexpensive European white wine. Portugal's vinho verde, well chilled, is a nice summer partner with seafood or cold stuffed vegetables. Italy's pale, appetizing Soave, Verdicchio, and Frascati are light-bodied enough to go well with summer antipasto, salads, a seafood mousse, or that gloriously tuna-sauced veal dish, vitello tonnato. The less well-known Hungarian Riesling and Yugoslavian Riesling, Pinot Blanc and Traminec (the Traminer grape) are good buys at $2 to $3 a bottle.

If you like the delicate flowery fragrance of German wines, the soft, full Rhines, or the lighter, fresher Moselles, look for the lesser types, the Liebfraumilch of the Rhine or the Moselblümchen of the Moselle and regional village names such as Bernkasteler, Piesporter, Rüdesheimer, Johannisberger. (If Riesling appears after the village name, so much the better, for it means that 75 percent of the wine was made from that noble grape, rather than from a lesser one such as the Sylvaner.) These fragrant, simple wines are perfect as an apéritif or with a light meal, perhaps poached trout with steamed cucumbers or cold roast pork with a rice salad.

Austrian wines, similar to the German, are drier and less flowery. Inexpensive

Continued on page 104


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and low in alcohol, they are very enjoyable when young. Those you are most likely to find are Gumpoldskirchner, Nussberger, and Grinziger, from wine towns around Vienna.

Wines that taste like summer

However, for me, the most delightful and appropriate for summer drinking of all Europe's young wines are those of Alsace. The Sylvaner and Riesling, while made with the same grapes as German wines, are drier, rather higher in alcohol, and full of flavor, with a French grace and style. Gewürztraminer is a bigger wine with a spicy, pungent bouquet. In addition to these, you may occasionally find the Pinot Blanc, agreeable but not very distinguished, and the Pinot Noir, which in Alsace makes a stylish, dark rosé. These wines are 100 percent varietal and unlike other French wines, the identification on the label is not the place of origin, but the name of the grape variety and the vintner-shipper, such as Hugel, Beyer, Trimbach, Dopff, or Dopff & Irion.

Alsatian wines and summer foods are soulmates. Hors d'oeuvre, quiche, omelettes, poached fish, shellfish, charcuterie, poultry, white meats, salads, cheese and fruit all respond to these wines. The very best are a match for the finest haute cuisine, as I discovered last May while on a wine trip conducted by Richard Olney that began in Alsace and whirled us, in two weeks, through Bordeaux, Burgundy, and Champagne.

Alsace is a rustic, ravishingly pretty region with an air of having been bypassed by time. The 90-mile-long "wine road" wanders through orchards, farmland, vineyards, and beflowered little towns with cobbled streets, fountains, and half-timbered 16th- and 17th-century houses so perfectly preserved as to look slightly unreal, like a movie set.

We tasted a wide range of wines from the simple Sylvaners to complex *vendange tardive* (late harvest) and special cuvée Rieslings and Gewürztraminers, ending our visit with a sublime luncheon at the three-star Auberge de l'Ill that had been carefully orchestrated to demonstrate the affinity of the wines and chef Paul Haeberlin's imaginative and exquisite dishes. Etched forever in my memory are the marriage of an ethereal mousseline of pike stuffed with tiny, boned frogs' legs and a Riesling *vendange tardive* 1973, a Pinot Noir with medallions of veal and fresh morels and, most impressive of all, a powerful, flowery Gewürztraminer *vendange tardive* 1973 that was a perfect match for both strong Münster cheese and the rich and creamy *bavaroise au kirsch* that brought the meal to a close. It was a heavenly experience. ■

COOKING CLASS

Summer soup

Zucchini pudding soufflé (from Richard Olney)

Papaya sorbet

Summer soup

There are endless variations on this summer soup, for it all depends on what is in the garden or in season. Almost any kind of green vegetable can be used, such as zucchini, cucumber, green beans, broccoli, spinach, chard leaves, green peas, lettuce, arugula, watercress, garden cress, and all kinds of fresh herbs. Spinach or watercress gives a nice deep color, other vegetables add their own distinctive flavors. This is the kind of soup you can make in the morning, chill, and serve for lunch, or make in about half an hour and serve hot. It can also be frozen, without the yogurt, then thawed over low heat and the yogurt beaten in, to be served hot or chilled.

INGREDIENTS

2 cups strong, fat-free chicken stock
6 scallions, peeled and sliced, or 2 small white onions, peeled and sliced
3 cucumbers, seeded and sliced (remove skin only if it is waxed)
3-4 zucchini, trimmed and sliced
2 cloves garlic, peeled
handful parsley sprigs
few fresh basil or tarragon leaves
salt, freshly ground black pepper
½ pound spinach, well washed, or a bunch watercress
1-2 tablespoons lemon juice
1 ripe avocado, peeled and pitted
1-1½ cups plain yogurt
chopped parsley, lemon slices, tarragon leaves for garnish

METHOD

☐ Put the stock, scallions or onion, cucumbers, zucchini, garlic, parsley, and basil or tarragon in a deep pan and season with salt and pepper to taste, depending on how well seasoned the stock is. Do not overseason; it is always better to taste the soup after cooking and decide what is needed.

☐ Bring to a boil, reduce the heat, cover the pan, and simmer until the vegetables are just soft, but not disintegrated. Add the spinach or watercress and let it just wilt in the hot liquid. Adjust the seasoning and stir in lemon juice.

☐ Put the soup in the blender with the avocado (you will have to do this in 2 or more batches) and blend until smooth. Remove to a bowl and chill.

☐ When ready to use, whisk in enough yogurt to give the soup the consistency you prefer, from quite thick to fairly liquid. Serve topped with chopped parsley, or a thin lemon slice, or a couple of tarragon leaves. Serves 6-8.

Richard Olney's Zucchini pudding soufflé

There's more than one way to bake a soufflé. In this recipe from Richard Olney's *Simple French Food*, one I use repeatedly for summer entertaining, the soufflé mixture is baked in a ring mold, unmolded, covered with a sauce, and popped back in the oven to gratiné, which causes it to puff up slightly again.

INGREDIENTS

1 pound small, firm zucchini
salt, freshly ground black pepper
4 tablespoons butter
3 tablespoons flour
¾ cup milk
3 eggs, separated
⅔ cup homemade tomato purée
1 cup heavy cream
½ cup Parmesan cheese, freshly grated

METHOD

☐ Coarsely shred or grate the zucchini. This is easiest if you use the shredding attachment of a food processor or the medium blade of a Mouli-julienne. Otherwise, grate on the coarse side of a grater.

☐ Layer the zucchini in a large mixing bowl, sprinkling each layer with salt. Leave for ½ hour, then squeeze with your hands to press out the moisture. Put into a sieve, press hard to get out more moisture, then squeeze tightly and repeatedly between both hands until you can no longer wring out any more liquid.

☐ Melt 2 tablespoons butter in a heavy skillet over medium heat and sauté the zucchini for 7-8 minutes, tossing often and spreading out with a wooden spoon, until well dried and lightly colored.

☐ Melt the remaining butter in a saucepan, mix in the flour and cook, stirring, until frothy and bubbling. Mix in the milk and cook, stirring, until the sauce comes to a boil and thickens. Remove from the heat and cool for a minute or two, then add the egg yolks, one at a time, stirring well after each addition. Season to taste with salt and pepper and stir in the zucchini. Beat the egg whites until they stand in soft peaks, as for a soufflé. Fold ⅓ of the whites into the zucchini mixture, to lighten it, fold in the remaining whites.

☐ Butter a 6-cup ring mold very heavily and pour the soufflé mixture into it. Smooth the surface with a rubber spatula and tap the mold lightly on the countertop to settle the contents. Put the mold in a roasting pan, put the pan on the center shelf of the oven, and then pour enough boiling water into the pan to come about ⅔ up the sides of the mold.

☐ Bake in a preheated 350° oven 20-25 minutes, until the top feels firm and

Continued on page 106

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Betsy Palmer watches her furniture fabric become flower-fresh and clean with colors revived. There is no wear from scrubbing.

Miss Palmer admires the thoroughly cleaned carpet. The soil is OUT . . . not [illegible] and quickly resoil the surface. It will stay clean much longer.



GUARANTEED PARENTS' MAGAZ NI

continued from page 104

springy to the touch. Remove the mold from the water and cool for 10 minutes. Run a thin knife around the edges of the mold to loosen the soufflé. Put a large round shallow baking dish, such as a porcelain tart dish, on top of the mold and invert it, giving it a quick, sharp shake, so the zucchini soufflé unmolds itself onto the dish. There should be no problem if the mold was heavily buttered and the edges loosened with a knife.

☐ Whisk together the tomato purée and heavy cream, season to taste and pour slowly and evenly over the soufflé, masking it entirely, but permitting only as much as is needed to coat the inner sides to run down into the well. Sprinkle the cheese over the surface and bake in a preheated 450° oven for 20 minutes, or until the surface is richly colored and the sauce bubbling. Serve on hot plates, spooning the remaining sauce to the side of the soufflé. Serves 4. Very good first course to serve before broiled meat or chicken.

Papaya sorbet

INGREDIENTS

⅔ cup sugar
½ cup water
2 cups papaya, puréed (mango could be used, too)
1-2 tablespoons lime juice

METHOD

☐ Put the sugar and water in a small saucepan and cook, stirring, until the sugar dissolves; boil for 5 minutes. Cool.

☐ Combine the syrup and the puréed papaya and stir in lime juice to taste. Mix well and pour into ice-cube trays.

☐ Freeze until solid around the edges but still mushy in the center. Remove to a bowl and beat until smooth. Return to freezer until solid around edges, remove and beat. Return to the trays again and freeze until solid, about 4 hours or more, depending on the coldness of the freezer. Remove to refrigerator 30 minutes before serving to soften. Serves 4.

BREAKFAST IN KITCHEN

Melon filled with frozen yogurt

Vegetable frittata

Vegetable frittata

If you have small individual skillets or flameproof pottery baking dishes with handles, you can make and serve the frittatas in the little pans. Otherwise, use 1 large heavy skillet, divide the frittata, and serve on hot plates. Frittatas are good breakfast dishes because you can use up odds and ends of leftover meat and vegetables, all chopped or cubed. Other suitable ingredients are cubed, cooked ham or sausage; sliced mushrooms; cooked green beans; asparagus; broccoli or cauliflower; artichoke hearts; small pieces of salami; roast pork, chicken, turkey; cubed chicken livers, kidneys; peeled, seeded and chopped tomatoes; fresh herbs: chives, basil, tarragon, or oregano. Frittata can have one ingredient, or a mixture; it's up to you.

INGREDIENTS

6 slices bacon
2 small zucchini or 1 green pepper
1 tablespoon oil
1 medium onion, chopped
2 cloves garlic, finely chopped
1 cup potatoes, cooked and diced
2-3 tablespoons parsley, chopped
6 eggs
1 teaspoon salt
½ teaspoon freshly ground black pepper
dash Tabasco sauce
3 tablespoons Parmesan cheese, freshly grated

METHOD

☐ Cut the bacon into small pieces and cook slowly in 1 large or 4 small skillets until cooked, but not crisp. Remove bacon, leaving the fat in the pan.

☐ Trim the zucchini or seed the green pepper and cut into coarse dice. Add the oil to the bacon fat and sauté the onion, garlic, and zucchini or pepper until onion is limp and zucchini just cooked through. Mix in potatoes, sauté lightly a minute or two, until heated through and mixed with other ingredients. Sprinkle with parsley.

☐ Beat the eggs with the salt, pepper, and Tabasco sauce and pour over the vegetable mixture. Cook over low heat and as the egg begins to set, lift the sides with a spatula to let it run underneath. When browned around the edges and set at the bottom, sprinkle with cheese, put under a hot broiler until top is set, browned and slightly puffy. Serve at once. Serves 4.

PARTY ON DECK

Chick pea salad
Tabbouleh
Green beans vinaigrette

Chicken teriyaki
Chicken coriander

Fresh fruits in citrus syrup

Chick pea salad

INGREDIENTS

6 ribs celery, with leaves, finely sliced
1 large red onion, peeled and finely chopped
3 1-pound cans chick peas, drained and rinsed with cold water
8 radishes, grated
1 cup olive oil, or ½ olive, ½ vegetable oil
¼ cup red wine vinegar
1½ teaspoons Italian herb seasoning
2 tablespoons parsley, chopped
salt, freshly ground black pepper

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Ceramic Tile Idea Book

Tile Council of America, Inc., P.O. Box 2222, Room 727, Princeton, New Jersey 08540

METHOD

Combine the celery, onion, chick peas, and radishes in a large pottery bowl.

Mix the oil, vinegar, herb seasoning, parsley, and salt and pepper to taste in a small bowl. Pour over the vegetables, toss well. Leave in the refrigerator to marinate for 1-2 hours. Serve with broiled chicken or broiled meats. Serves 8-10.

Chicken teriyaki

INGREDIENTS

4 chicken breasts, halved, breast bones removed, but ribs left in
½ cup teriyaki sauce, or good quality soy sauce
3 tablespoons oil
2 tablespoons dry sherry or sake
2 tablespoons fresh ginger, grated
2-3 cloves garlic, very finely chopped or crushed
2 teaspoons brown sugar
1 tablespoon lime juice

METHOD

Put the chicken flat in 1 layer in a large dish. Combine the remaining ingredients, mix well, and pour over the chicken. Let marinate 1-2 hours, turning frequently.

The chicken may be broiled in the oven or over charcoal. For oven broiling, line the broiler pan with heavy-duty aluminum foil, arrange the chicken pieces in the pan, bone side up, and broil 4-5 inches from the preheated broiler for 12 minutes, brushing once or twice with the marinade. Turn the chicken over with tongs, brush the skin side well with the marinade and broil for another 12-14 minutes, brushing twice with marinade. If the skin starts to burn and blister, move the chicken farther away from the heat.

To grill over charcoal, oil the grill well before putting the chicken on it, bone side down. Grill on each side for the same amount of time as under the broiler, brushing well with the marinade. Serves 8.

Chicken coriander

The delicate subtlety of fresh coriander leaves gives this chicken a very unusual flavor. Fresh coriander is sold in Chinese markets as Chinese parsley, in Spanish-American markets as cilantro. Coriander is very easy to grow, but as it goes to seed quickly, successive plantings are needed to keep it flourishing during the summer and it also prefers a little shade, rather than full scorching sun. A few of the green seeds, crushed with the green peppercorns and garlic in the mortar, intensify the taste. If coriander is unavailable, fresh or dried mint may be substituted.

INGREDIENTS

4 chicken breasts, halved, skinned, boned
3 cloves garlic
1 teaspoon salt
2 teaspoons green peppercorns, crushed
1 cup yogurt
2 tablespoons lemon juice
2 tablespoons fresh coriander

METHOD

[illegible] baking dish in 1 layer. Crush the garlic, salt, and green peppercorns to a paste with a mortar and pestle, then mix in about 2 tablespoons yogurt. Combine with the rest of the yogurt, lemon juice, and [illegible] chicken and marinate 2-3 hours, turning the chicken frequently in the marinade.

Broil or grill over charcoal 8-9 minutes a side, according to thickness. Be careful not to overcook or the boned meat will be [illegible]. Serve with more of the marinade while broiling. Leftover marinade can be served as a cold sauce with the chicken. Serves 8.

Fresh fruits in citrus syrup

The trick of cooking thin slivers of citrus peel in the syrup to be poured over fresh fruits is one I learned from the late Dione Lucas. It tastes just as if you had used a liqueur for flavoring.

INGREDIENTS

2 cups sugar
zest of 3 oranges, finely slivered
zest of 2 limes, finely slivered
zest of 1 lemon, finely slivered
8 cups fresh fruits, broken into small pieces: strawberries, raspberries, blueberries, peeled segments of oranges and grapefruit, sliced bananas, seedless grapes, peeled and sliced peaches, sliced nectarines, plums, apricots, peeled, pitted and sliced pears and apples, pitted cherries, melon balls, fresh or canned pineapple cubes
whipped cream, sour cream

METHOD

Put the water and sugar in a small, heavy pan and cook, stirring with a metal spoon, until the sugar dissolves. Add the citrus zest and boil gently, until the syrup is thick and the zest transparent. Do not let the syrup turn dark or caramelize. Remove from the heat, pour into a large measuring cup and chill in the refrigerator. If you wish to keep the syrup for future use, store in a screw-top jar.

Prepare fruits of your choice, put in a large glass bowl, pour syrup over them and chill briefly, until ready to serve—don't let stand too long or juices will make mixture watery and fruit will get soggy. Serve plain, or with bowl of whipped cream mixed with equal quantity of sour cream. Serves 8. ■

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Shopping information

Prices approximate, state and local taxes additional. *Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

ON THE COVER

"Summer's Day" cotton and Dacron polyester sheets (as bedcover): Queen size, about $16.50. Pillowcases, about $8 a pair. Matching comforter, bedspread, ruffled shams, dust ruffle, draperies, towels, shower curtain. Available late September. By Martex, WestPoint Pepperell.

"Regency Eyelet" polyester and cotton hand finished shams and pillows: Standard shams, about $20 each. Breakfast pillow, about $25. Neck roll, about $25. By Carlin, WestPoint Pepperell. At Saks Fifth Avenue.

Antique English mahogany and pine canopy double bed: c. 1780. **Antique George II mahogany wing chair upholstered in white linen:** c. 1740. **Antique English mahogany two tier table (left of bed):** c. 1810. **Antique Portuguese fruitwood Chippendale tilt top tea table with bird cage:** c. 1760-1780. All at H.J. Kratzer.

Bed hangings: White cotton netting: 72" wide. Imported from England. $6.70 a yard. At Dazian's.*

Antique French faux bamboo desk with shelves: c. 1880. Green leather writing surface. $1,800. At Jean-Paul Beaujard.

Antique English faux bamboo arm chair (foreground): Loose seat cushion. $1,100 a pair. At Stuart Greet.

Natural maize rug: 12" squares. Sized to order. From Rosecore.*

Pink mohair afghan: 72"x53". About $200. Handmade to order from Robin Goss, 474 Zena Rd., Woodstock, N.Y. 12498.

Shell pharmacy lamp: 38"-60" adjustable height. Bright or antique brass, $167. Chrome, $189. By Chapman. At Bloomingdale's.

Artwork: Antique Chinese guaches: Framed. Series of ten. From Tom Ballan Antiques.

BUILD A DECK

Pages 50-51

"Smoke 'N Pit" charcoal/water smoker: 27" high, 17" diam. 25 lb. capacity. Rustproof steel enamel finish. Black, yellow, orange, brown. $50 ppd. from L.L. Bean, 550 Cedar St., Freeport, Maine 04033. By Brinkmann.

Steel grating: 1" x ⅛". Type 19W4. $3.50 sq. ft. plus shipping. From Thomas Inc., 8135 Forsyth Blvd., St. Louis, Mo. 63105.

Nylon netting: ¾" mesh square hung. Natural color (can be dyed). 44¢ sq. ft. plus shipping. From Central Tent & Awning, 6303 Clayton Ave., St. Louis, Mo. 63139.

Rustproof aluminum exterior fluorescent fixture: Type EG. $77.50. **Bug-A-Way lamp:** $4.85. Both by Westinghouse.

AM/FM stereo cassette player/recorder: $180. By Realistic. At Radio Shack.

Deck plans: Michael Jantzen. Box 172. Carlyle, Ill. 62231. $10.

FAMILY MEALS A PICNIC

Pages 60-61

Yellow lacquered trays (as plates): 13" diam. $2.49. By Asahi. At Azuma.

Pages 62-63

Cotton/Dacron scallop-edge napkins: 18" sq. $5 each. At Cache Cache.

TABLETOP CROP

Page 70

Center photo:

Ready-to-go 5-course gourmet picnic basket: Individual servings for two. $9-$15 per person. E.A.T. at Henri Bendel.

Bottom photo:

"Maroc" cotton chintz fabric: 54" wide. About $18 a yd. From Quadrille.*

Pages 70-71

"Carousel" linen and polyester napkins: 20" sq. $2.50 each. By Leacock. At Bloomingdale's; Burdines, Miami.

Handcrafted glass plates: 10½" diam., $10. 7" diam., $7. By Imperial Glass. At Tiffany.

"Spatter" cotton fabric: 48" wide, 30" repeat. About $19.50 a yd. From Hinson.*

Inset:

Glass pitcher: Holds 15 cups. $7. By West Virginia Glass. At The Pottery Barn.

"Turkey Eagle" crystal glasses: 4" high. $7 ea. By Lenox.

"Bistro I" stainless steel flatware: Plastic handles. $11.25 per 5-pc. setting. By Lauffer. At Bloomingdale's.

RUFFLE UP CHARM

Pages 78-79

"Singing Blossoms" cotton and Dacron polyester sheets: Queen size, about $14.50. Ruffled shams, about $22 each. Custom made puff. Comforter, bedspread, dust ruffle, draperies, shower curtain, towels also. By Martex, WestPoint Pepperell. At Lord & Taylor.

All furnishings, rice paper and bamboo fan light, wood chairs from Japanese mortars: From Michael Taylor*, San Francisco.

Natural wicker screens: About 8' high. Designed by Michael Taylor. From Wicker Wicker Wicker*, San Francisco.

Women's cotton sleepwear: Boxer shorts and shirt with insignia on pocket. Navy or burgundy stripes on white. $58. By Ralph Lauren. At Bonwit Teller.

DESIGN VALUE

Pages 80-83

Furniture and fabrics designed by Angelo Donghia for Kroehler. Kodel polyester fabrics protected with Zepel. Manufacturer's suggested retail prices will vary.

Pages 80-81

Large photo:

"Cupid" armless chair: 33" x 36" x 28" high. Upholstered base. Unbleached duck cloth. $300.

"Extensions" sofa: 92" x 35" x 27" high. Loose seat cushions. Attached back cushions (throw pillows not included). "Diamonds" fabric. $800.

"Extensions" cocktail table: 36" x 48" x 15" high. Bleached maple top. Ivory enamel base. $350.

"Extensions" sectional ottoman: 25½" x 26¾" x 18" high. Attached cushion. Nickel base. "Diamonds" fabric. $225.

Throw pillow fabric: "Commodore" cotton sailcloth. 54" wide. About $13.50 a yd. From Stroheim & Romann.*

One-of-a-kind paper fan: Hand painted by Richard Giglio. $85. To order. From Vice Versa.*

Tatami matting: 32" x 72". $4.49 each. **Woven palm planter:** 16" high. $7.98. **Low straw basket (holding apples):** 12" diam. $2.98. **Palm fan:** 59¢. All at Azuma.

Glass cylinder vase: 10" diam. x 10" high. $35. **Glass ashtray:** 4½" diam. $4. Both at Manhattan Ad Hoc.

Metal bird sculpture: From John Rosselli.*

"Between Coat" bonding agent: 1 qt., $3.20. **"Green Mint" low lustre latex paint:** 1 gal., $17.98. **"Last 'n Last" polyurethane:** 2 qts., $8.90. All at Janovic Plaza.

Small photos:

"Savoy" sofa: 75" x 35" x 37" high. Loose seat cushion. "Rainforest" fabric. $700.

"Extensions" cocktail table.

"Surfaces" tier and shelf cocktail table: 48" x 24" x 15" high. Uniroyal vinyl suede-cloth covering, stain resistant. $350.

"Cathay" lamp table: 28" sq. x 19" high. Molded of polyester resin. White enamel finish. Glass top. $250.

"Olympus" armless chair: 41" x 34" x 32½" high. Loose seat cushion. Gray velvet fabric. $350.

"Extensions" sofa. "Cupid" armless chair: "Box Quilt" fabric. $400. **"Extensions" cocktail table.**

Page 82: Large drawing:

"Savoy" sofa.

"Porto Bello" cocktail table: 44" x 24" x 15" high. Bleached maple finish. $250.

"Savoy" armchair: 37¼" x 29½" x 32" high. Canted roll arm. Loose seat cushion. Gray velvet fabric. $350.

"Stepping Stones" Acrilan and modacrylic rug: 9'2" x 13'. Gray/white or beige/gray. $900. Designed by Angelo Donghia for Regal Rugs. At Dayton's, Minneapolis; Kittles, Indianapolis.

Small photos:

"Extensions" sectional group: Unbleached duck cloth. **Corner:** 34" x 35" x 27" high. $300. **Armless chair:** 25½" x 35" x 27" high. $250. **Ottoman:** 25½" x 26¾" x 18" high. $175. Upholstered cantilevered bases. Loose seat cushion on armless chair and corner. Attached cushion on ottoman.

"Voltage" cocktail table: 41" sq. x 15" high. Fretwork legs. White enamel finish. Black tempered glass top. $350.

"Extensions" sectional corner: Copper base. $300.

"Voltage" cocktail table.

"Savoy" sofa: "Box Quilt" fabric. $750.

"Extensions" sectional armless chair: Red velvet fabric. $300.

Page 83: Large drawing:

"Olympus" armless chairs.

"Olympus" tuxedo-style sofa: 87¾" x 34" x 32½" high. Loose seat cushions. Tight back. "Crossing" fabric. $750.

"Cathay" lamp tables.

Small photos:

"Extensions" loveseat: 68" x 35" x 27" high. "Big Box" fabric. $650.

"Extensions" sofa.

"Voltage" cocktail table.

"Savoy" armchair.

"Olympus" sofa. "Cathay" cocktail table: 48" x 28" x 16" high. Molded of polyester resin. White enamel finish. Glass top. $300.

"Savoy" sofa.

"Extensions" bunching table: 15" sq. x 15" high. Bleached maple top. Ivory enamel base. $150.

At Bamberger's, Newark; Gimbels; The Hecht Co., Washington, D.C.; Kittle's, Indianapolis; Macy's, Kansas City; Rich's, Cumberland Mall, Atlanta; W & J Sloane; After Sept. 15: Dayton's, Minneapolis; Englander Triangle, Detroit; Joske's, Houston; John M. Smyth, Chicago.

WINE AND FOOD

Pages 93 and 97

"The Soufflé Plus" ovenproof stacking glass containers: 1 qt., 1½ qt., 2 qt. Set of 3, $18. Creative Glass by Corning.



INTERIOR OF HOUSE

Interior walls and ceilings: "Goldsmith" [illegible] press siding; in kitchen, black and white Mexican tiles; in bathtub alcove, white ceramic tile by American Olean; in bedrooms and dressing areas, suede cloth and vinyl wallcoverings.

Interior paints: White satin semi-gloss paint.

Floors: In living-dining room, urethane finish oak strip floor; in bedrooms, wall-to-wall wool carpet; in kitchen and first-floor bathroom, "Amtico" vinyl tile by American Biltrite, Inc. In entrance hall, black and white ceramic tile.

Lighting fixtures: Recessed and surface mounted incandescent and fluorescent light fixtures by Progress Lighting and Harry Gitlin.

Fireplace: Prefabricated unit by Heatilator Div., Vega Industries, Inc.

Hardware: Stanley Hardware Div., The Stanley Works.

Music system: Quadraphonic music system with four speakers in corners of living-dining room-kitchen by Pioneer.

Accessories: Dining table setting—china, goblets, napkins, flower bowl—kitchen counter plastic tray and terrace glass pitcher from Design Research, New York. Floor plant baskets in living-dining room and terrace pillows from LCS. Plants in living-dining room from Baywoods, Inc.

Kitchen and bathroom cabinets: Wood, custom made.

Cabinets and countertops: Faced in plastic laminate by Parkwood Laminates, Inc.

[illegible]

Building Facts

Materials and equipment used in the house on pages 86-89

ARCHITECTS: Harry Bates/Dale Booher
INTERIORS AND LANDSCAPING: Harry Bates/Dale Booher
CONTRACTOR: F. William Hollrock
SIZE OF HOUSE: 2,500 square feet
SIZE OF LOT: 1 acre

STRUCTURE

Foundation: Concrete block foundation walls on poured concrete footings.

Framing: Standard wood frame construction of walls, floors, and roofs with exposed wood trusses.

EXTERIOR OF HOUSE

Exterior walls: 4-inch-wide cypress siding applied vertically and shiplapped.

Decks: Spruce boards.

Exterior finish: On walls, white stain; on roof shingles, dark brown stain; both by Samuel Cabot, Inc.

Roofs: On sloping roofs, red cedar shingles. On flat roof areas, built-up roofing—layers of tar-coated building paper topped with gravel.

Insulation: In all exterior walls, roofs, in ceiling over carport, glass fiber batts by Owens-Corning Fiberglas Corp.

Windows and exterior doors: Fixed glass panels; Arcadia, aluminum frame, anodized bronze finish sliding doors, with insulating glass, by Northrop Architectural Systems.

Interior doors: Flush, hollow core.



Shopping adventures with vegetables
continued from page 95

process. If your garden has lots of green-tomato leftovers when the first frost threatens, you can salvage them by wrapping the big ones individually in newspaper (to hold the ethylene around them) and packing them loosely in a cardboard box. Put it in a cool place and check the tomatoes over once a week, collecting the ripened ones for use. Use the little green tomatoes to make pickles.

● **WINTER SQUASH**—acorn, butternut, Hubbard—have hard tough rinds and keep a long time even at room temperature. Knock a good one gently, and it will say "thunk," never "thud." The stems should be firmly attached. Once separated from this reminder of its vine, a winter squash seems to pine away quickly.

Fruits

If you want to pick fruits for flavor, small size is often better than big. Strawberries, blueberries, even peaches are often sweeter if they are smaller. Like vegetables, they're creatures of habit and season: the closer to their true season (in other words, the less they've had to travel to get to you), the better.

● **AVOCADOS** (are they fruit or vegetable, or just something unclassifiably delicious?) are impossible if they're rock-hard. A ripe one should be a little soft on the stem end and should give you the impression that, if you *really* squeezed it, you'd leave fingermarks. It's best to buy them somewhere between the two states, and leave them a few days at room temperature to ripen. To pick one nearly ready to be ready, try giving the top end a gentle tap. If it feels a shade less than firm, buy it.

● **ALL CITRUS FRUITS** ought to be plump and feel heavy for their size, a sign of juice. Grapefruits are sometimes sweeter if they're sun-freckled. Don't be put off by a greenish cast in an orange. It may merely mean that the skin hasn't been dyed (a common practice), so the orange may be even better. Tangerines should feel just a little loose in their skins, but not pulpy around the ends.

● **MELONS,** like cantaloupe, should be just a little soft on the stem end, and you should just be able to smell a nice melony odor when you sniff the end. Ripe honeydews in addition have a plush texture to their skins.

● **PEACHES, PLUMS, PEARS**—tree fruits—should have no bruises, and should be somewhere between rock-hard and soft. Most tree fruits should be purchased a little underripe, to avoid dents from other people's fingers. They'll ripen at home. Pears should have a greenish cast. Peaches, however, should have none, particularly not in blotches among the peach blush, when they're in this state. Plums should be plum-colored, with no brownish scalds.

● **PINEAPPLES** should smell like pineapples at the bottom end, and have a sort of golden glow just under the skin. Some people give one of the leaves of the top-knot a tug, and consider a pineapple ripe if it pulls loose easily. They *will* ripen at room temperature at home, but you're surer of flavor if you can sniff it out at the store.

● **WATERMELONS** are very hard to judge. One test: give it a thump. It ought to give you back a sort of hollow sound. Some markets will cut a core to let you see. Halved melons, where you can see the meat, ought to be bright red. A crack in the middle is sometimes a sign of absolute ripeness and extra sweetness—but not to be really trusted. ■

Creams of the crops
continued from page 96

Cold cheese mousse with asparagus

INGREDIENTS FOR MOUSSE

2 envelopes unflavored gelatin
½ cup strong chicken stock
1½ cups milk
zest of 1 lemon, grated
¾ pound Gruyère cheese, finely grated
2 teaspoons curry powder
½ teaspoon dry mustard
4 tablespoons lemon juice, chilled
1½ cups heavy cream
salt, freshly ground black pepper
4 egg whites

INGREDIENTS TO PREPARE MOLD

3 envelopes unflavored gelatin
2 cups water
2 teaspoons salt
2 quarts water with 2 tablespoons salt
2-3 pounds asparagus, washed, cut into uniform size

METHOD FOR MOLD

☐ Sprinkle gelatin over the 2 cups of water to soften in a saucepan. Dissolve over low heat and set aside to cool almost to setting point. Stir in salt.

☐ Bring the 2 quarts salted water to the boil in a large pot. Add asparagus, and allow water to come to the boil again. Remove asparagus immediately and chill under cold running water. Dry and chill.

☐ Dip asparagus in gelatin and arrange on the inside of an 8-by-3-inch springform pan. Do this step in stages. Hold 5-6 of the dipped asparagus against the side of the mold until set and refrigerate. Repeat until mold is lined. (Chilling will help to make them stick.) Reserve.

METHOD FOR MOUSSE

☐ Sprinkle gelatin over chicken stock to soften and set aside.

☐ Heat milk with the lemon zest in a heavy pan. Add the cheese gradually. In a small bowl blend the curry powder and mustard with a little of the milk to make a paste and stir into the milk and cheese mixture. Add softened gelatin. Do not overheat or the cheese will become a solid rubbery mass. Mixture will not be smooth at this point, but do not worry.

☐ Blend mixture in a blender or food processor until it is as smooth as possible. It will be slightly grainy. Chill.

☐ Stir in lemon juice. Whip cream in a large bowl until it holds soft peaks. Fold into cheese mixture and season generously with salt and pepper. Chill again until it has almost set.

☐ Beat the egg whites in a large bowl with a pinch of salt and fold into the cheese mixture.

METHOD FOR ASSEMBLY

☐ Spoon the mousse into the prepared mold and chill about 3 hours. To serve, release the spring form *very* carefully and keep in refrigerator until ready to serve. The mousse makes a good first course, sparingly served, or a main lunch dish. Serves 8.

Cauliflower panache

INGREDIENTS

2 quarts water with 2 tablespoons salt
1 large cauliflower, washed and broken into flowerets
3 tablespoons Parmesan cheese, grated
1 large bunch broccoli, washed, with stalks peeled to the tender pith
2 tablespoons butter
¼ cup sour cream
salt, pepper to taste
⅓ cup bread crumbs

METHOD

☐ In a large pan bring the salted water to the boil. Add cauliflower, cover, and cook until tender, about 5 minutes. Reserve cooking water. Drain cauliflower and place in a 1½-quart dish or divide among individual ovenproof bowls. Sprinkle with Parmesan.

☐ Bring reserved cooking water to the boil, add broccoli, standing up, cover with cheesecloth, and cook about 8 minutes. Do not overcook or the fresh green color will be lost.

☐ Chop broccoli coarsely and purée with butter and sour cream. Season to taste with salt and pepper.

Spoon the purée over the cauliflower completely masking it. Sprinkle top with bread crumbs and bake in a preheated 350° oven 20 minutes. Serves 6.

Artichokes with cheese soufflé sauce

INGREDIENTS FOR COOKING ARTICHOKES

6 large artichokes
3 quarts water
3 tablespoons salt
1 tablespoon vegetable oil

METHOD FOR COOKING ARTICHOKES

☐ Remove the stalk flush with the bottom of the artichoke so that it will stand upright. With a heavy sharp knife, cut a slice off the top, 3 leaves down, and with a pair of scissors, trim spikes from remaining leaves.

☐ Bring water to the boil with the salt and oil. Add artichokes and cover them with a piece of cheesecloth. Cook at a low boil 30-35 minutes, depending on size, until a leaf pulls off easily. Remove artichokes with a slotted spoon and drain upside down.

INGREDIENTS FOR SOUFFLÉ SAUCE

2 tablespoons butter
2 tablespoons flour
⅔ cup warm milk
salt, pepper
3 ounces Gruyère cheese, grated
3 egg yolks
4 egg whites
vegetable oil

METHOD FOR SOUFFLÉ SAUCE

☐ Melt the butter in a small, heavy pan and stir in the flour. Cook 2-3 minutes to remove taste of raw flour. Remove pan from heat and pour in milk all at once. Stir until smooth. Return pan to heat and cook, stirring constantly, 3-4 minutes. Remove pan from heat and stir in 1 teaspoon salt, a dusting of pepper, and the cheese. Cool a few minutes and beat in egg yolks, one at a time. Set mixture aside.

☐ In a bowl beat egg whites with a pinch of salt until they hold definite peaks. Stir 1 spoonful into yolk mixture to loosen it. Fold in remaining whites.

METHOD FOR ASSEMBLY

Spread open the artichoke leaves carefully and lift out the soft leaves and fibrous choke in the center with a small spoon. Brush outside leaves with vegetable oil and wrap in foil, but do not cover top. Fill opening with soufflé mixture to within ⅓ of the top. Bake in a preheated 400° oven for 15 minutes. Remove the foil and serve. The soufflé mixture should be runny and used as a sauce for dipping the leaves. Serves 6.

Vegetable mélange

INGREDIENTS

2 quarts water with 2 tablespoons salt
½ pound very young fresh green beans, washed and ends removed
12 small carrots, scraped
1 small head cauliflower, washed and broken into bite-sized flowerets
3 small white turnips, peeled, halved, quartered, then each piece shaped like a large olive
butter

METHOD

☐ In a large pot, bring salted water to a boil and cook beans at a rolling boil 3-4 minutes. They should be crisp and undercooked. Remove and drain, reserving cooking water. Chill under cold running water. Dry and set beans aside.

☐ Bring the water to the boil again and cook carrots until just tender. Remove from water and drain. Dry carrots and set aside. Continue cooking the remaining vegetables in the same [illegible]

☐ Arrange vegetables on a [illegible] platter on buffet. As guests choose the vegetables they want to eat, sauté them in a chafing dish in a little butter until just hot. Serves 8. ■

Captivating cacti
continued from page 32

new quarters for a week. If you water it right away, the chances are the roots will rot. Also, while you should fertilize settled cacti regularly, avoid doing so for a month to six weeks after they have been moved.

Apart from these points, you can care for your cacti the way you do your other house plants. As long as you provide good soil drainage—with extra drainage holes—and all excess water is able to flow out at once, you can water them well once a week. Or you can forget all about them for a month—cacti like to go on the wagon every now and then.

A handful of prickly ones

cactus, **REBUTIA KUPPERIANA.** The brilliant red flowers that develop in profusion in spring and summer are larger than the plant itself. That may not be so great a trick, considering the plant is a miniature and can spend years happily in a 2- or 3-inch pot. Still, the colorful show at bloom time is impressive. Keep crown cacti on the cool side, particularly at night. They come from the Andes and are used to a drop in evening temperatures.

How much do you know about weight control?
continued from page 28

weight control, coping, and insomnia. For more information, write, sending a stamped self-addressed envelope, to the Institute for Behavioral Awareness, 810 South Springfield Avenue, Springfield, N.J. 17081.

Answers to the 5 important questions

1. False. "Losing weight requires self-control, not willpower," says Dr. Stern. "Willpower is a negative concept—in the sense of avoidance, it simply doesn't work. Not everyone has willpower. People without willpower, for instance, may have to spill water over their food or flush it down the toilet, so as not to eat it. But you can learn to lose weight without willpower. Self-control can be [illegible] willpower."

2. False. "[illegible] if it's learned, it can be unlearned, and more appropriate responses substituted."

3. False. "This is what we mean by self-control. *You* are responsible for what you eat—not 'it'—not the food."

4. False. "Do you sometimes worry? What is happening then? You are using your imagination in a negative way. We suggest you use the same skill in a positive way. You have the skill—it needs developing, to help you lose weight."

5. False. "How you feel about yourself and what you say to yourself affects the way you eat. That's why we must attack the way you feel about yourself, and change that, rather than change the food by putting you on a diet. That is also why diets so often fail. We have to change your *mind* to change your weight." ■

New in the stores
continued from page 28

side of plum. $2 each . . . New nail-polishes with a super-high gloss and an applicator that's separate from the bottle's cap are being introduced by *Alexandra de Markoff*—a first for that luxurious cosmetics company. **Nail Color** comes in eight shades, dries quickly, costs $5, and wears and wears. They've also made **Dual Coat** to increase the mileage and protect and seal your nails, too. $5 at department stores . . . Fashion's "Fantasy Look" gets a dramatic boost from eight fine-milled, golden powders you can use as eyeshadows, highlighters, or rouges. Brush them on anywhere you'd like a hint of color—a rouge brush or short-haired shadow brush is best to work up the degree of intensity of color you want. **Arabian Lights**, $7 each, and a wide selection of brushes, from $3 by *Madeleine Mono* at Henri Bendel, 10 West 57th Street, New York, N.Y. 10019. PAULA RICE JACKSON

Astrological guide to your fragrance

The sign: **Leo**
(July 24-August 23)
Element: **Fire**



Constructive and forceful, Leos are born organizers. The key for the sign is "I will." Determination carries you through most life situations, along with persuasive Leo charm. Generous and protective, you are also affectionate. Adornment is important to you. A fragrance that matches your personality is the lustrous perfume signature of the designer **Halston**, an ornament in itself. *Ann Klein's* **Blazer** (with the Lion logo) is a fresh, young blend. For men, *Caron* has created the new, bold, **Yatagan.** For both sexes, and all seasons, there is *Guerlain's* **Impériale.** MARIA REACHI. ■



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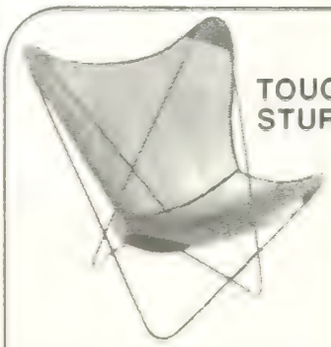
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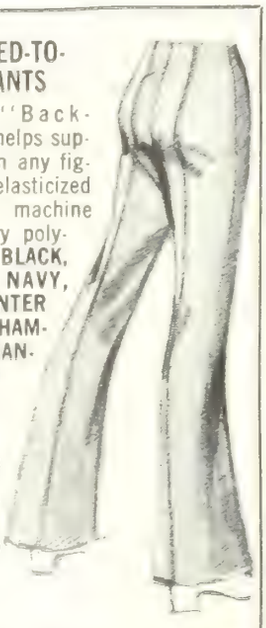


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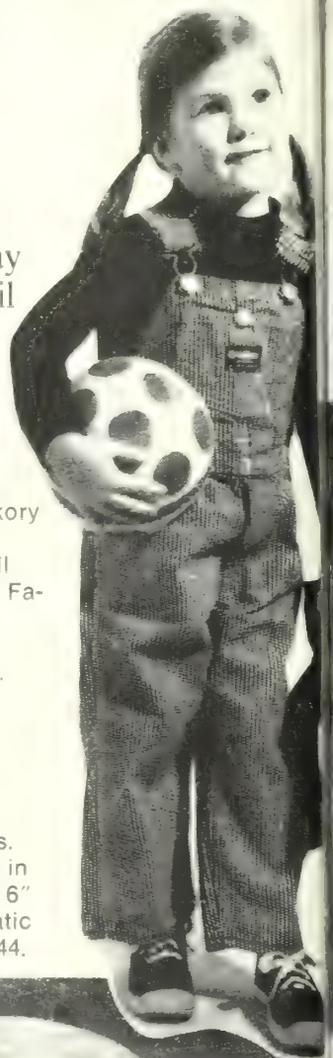
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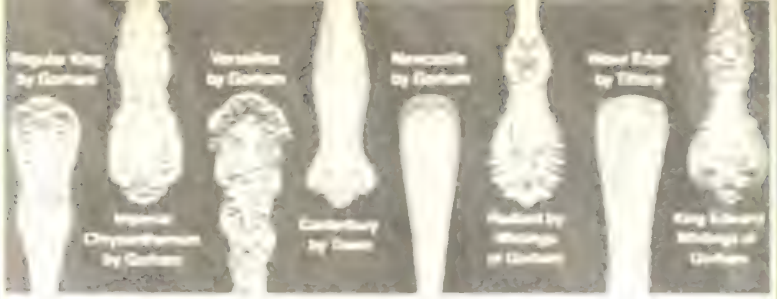
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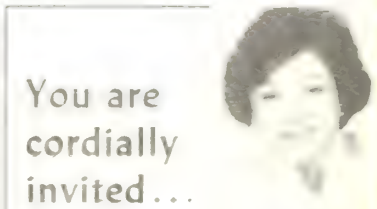
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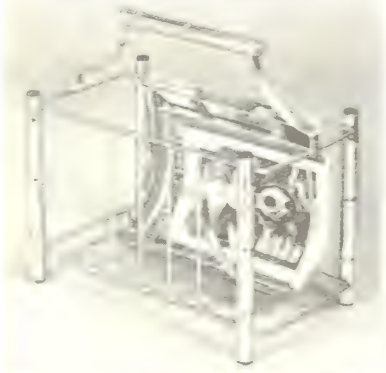
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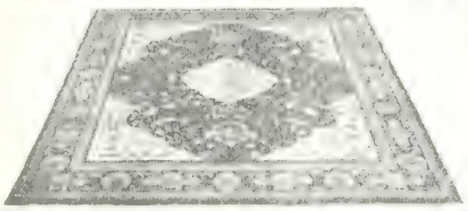


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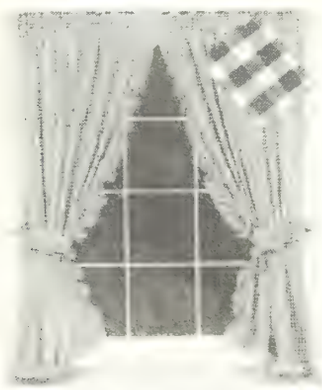


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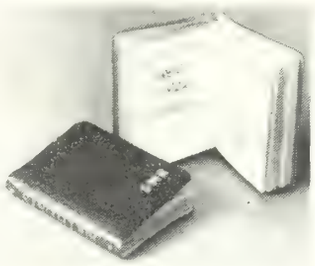
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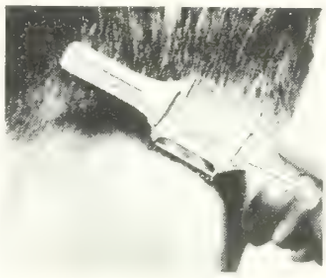
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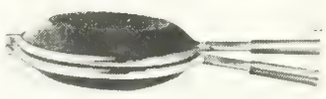
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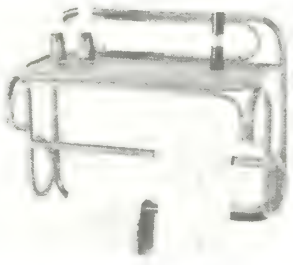
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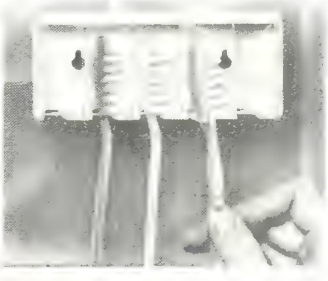
Clear photo/35mm slide (returned) of you, loved one or pet will be reproduced in full color on quality T-shirt; up to 8 letters free. White, red or navy trim. Adult S, M, L, XL; child S(6-8), M, L, XL. $7.95 plus 75¢ post. Deal Enterprises, HG8, 14245, N.W. 2nd Ave., Box 680246, Miami, FL 33168.

SEAMSTRESS II



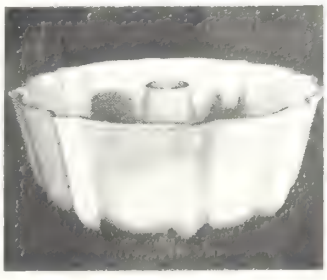
Ironing-sewing aid for clothing care. Large steam reservoir for longer use between refills; 4-way steaming action: full, half or wide steam, concentrated steaming for sewing tasks. All fabrics. Won't scorch. $15.98 ppd. Boone Products Mart, HG8, 930 So. Bonnie Brae #313, Los Angeles, CA 90006.

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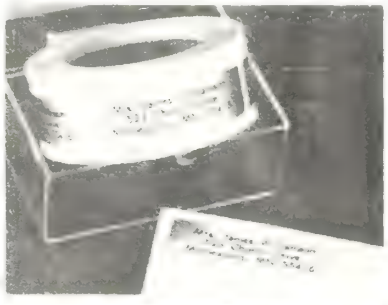
3167-6 — Mini Tub $1.69
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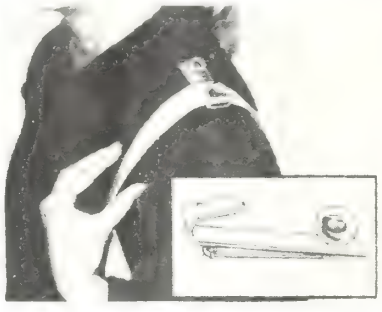
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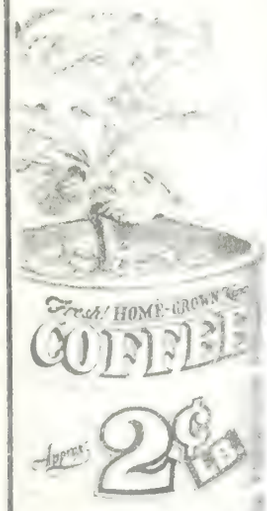
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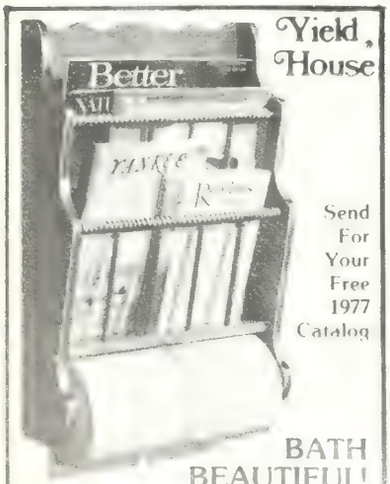




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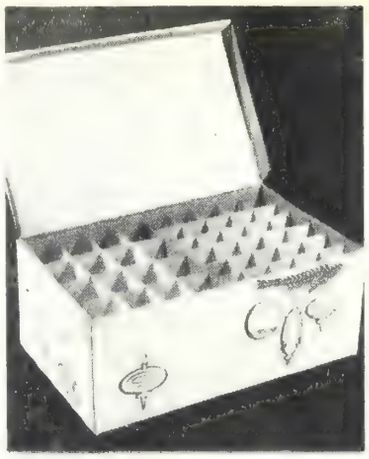




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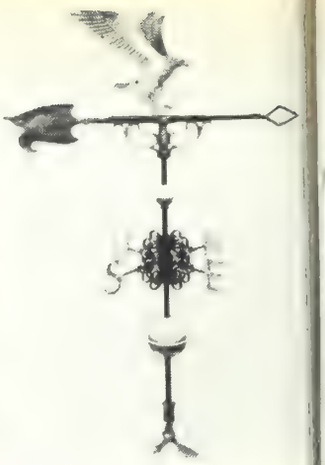
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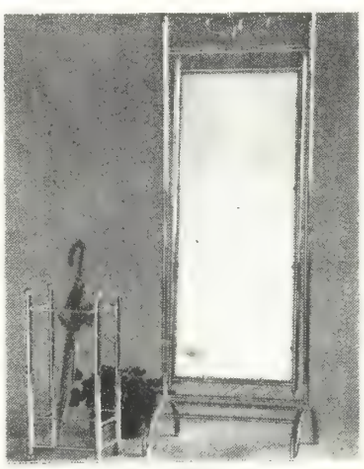
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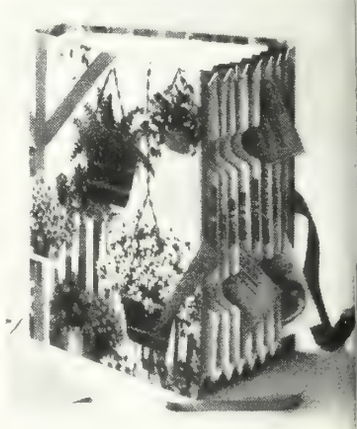
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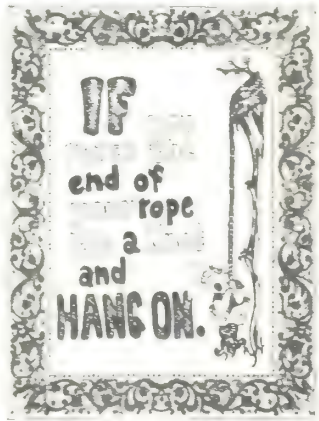
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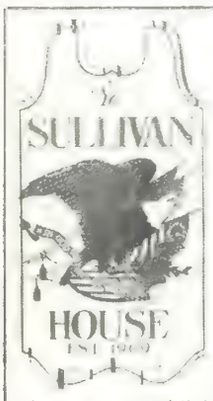
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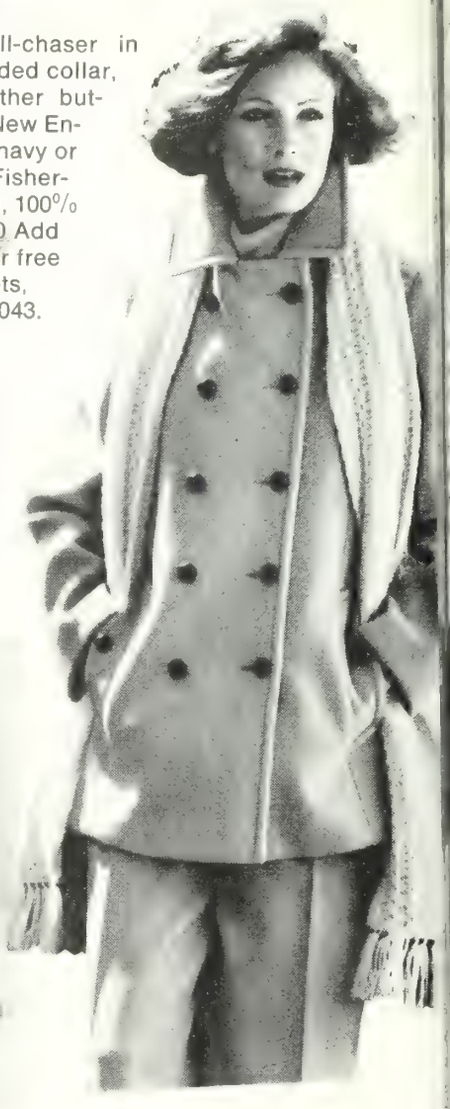
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Shopping around

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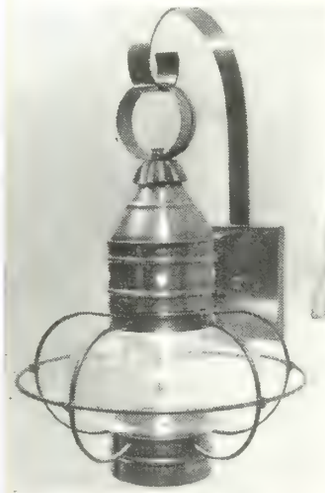
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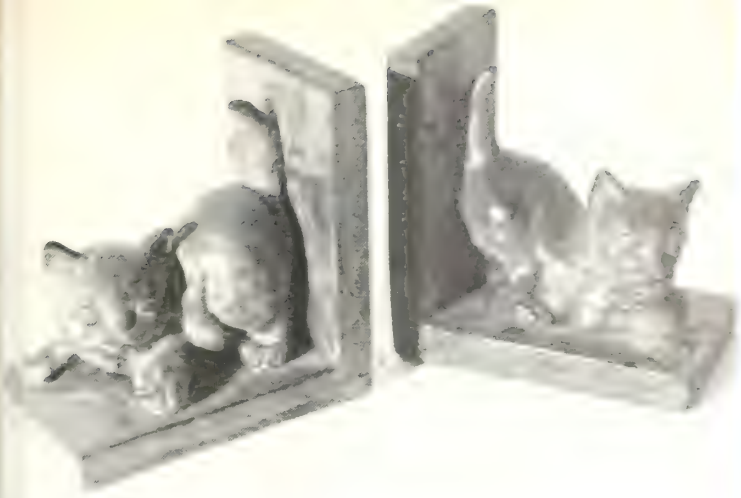
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Port Canvas, HG8, Dock Sq., Kennebunkport, ME 04046.





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Kittens At Play bookends are appealing as well as functional. Heavy wood-grained ceramic with non-skid felt bottoms will hold books firmly in place. Size 6" by 6". $29 ppd. Johnny Appleseed's. HG8. Box 708. 50 Dodge St.. Beverly..MA 01915.

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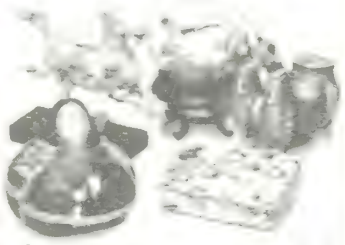


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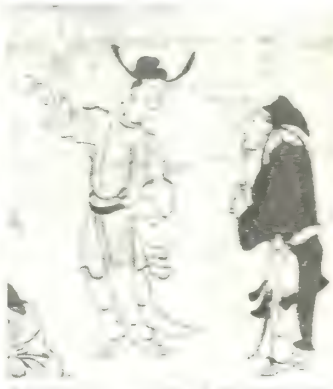


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Set includes two brackets made from birch, four nails and a 36" or 48" (specify) wooden rod, diameter ".

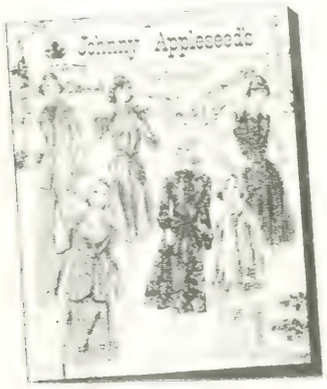
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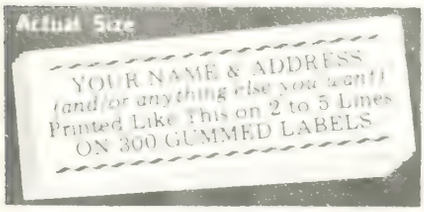
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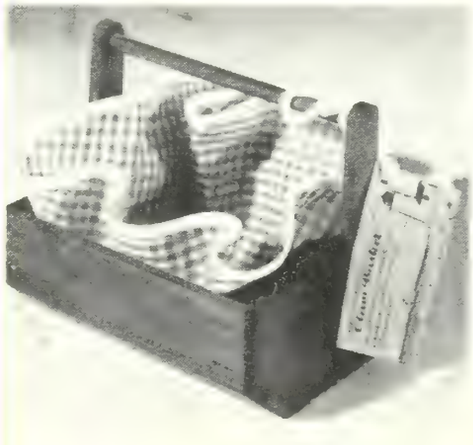
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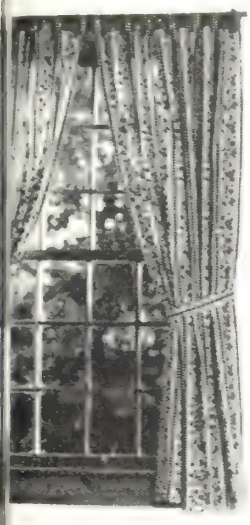


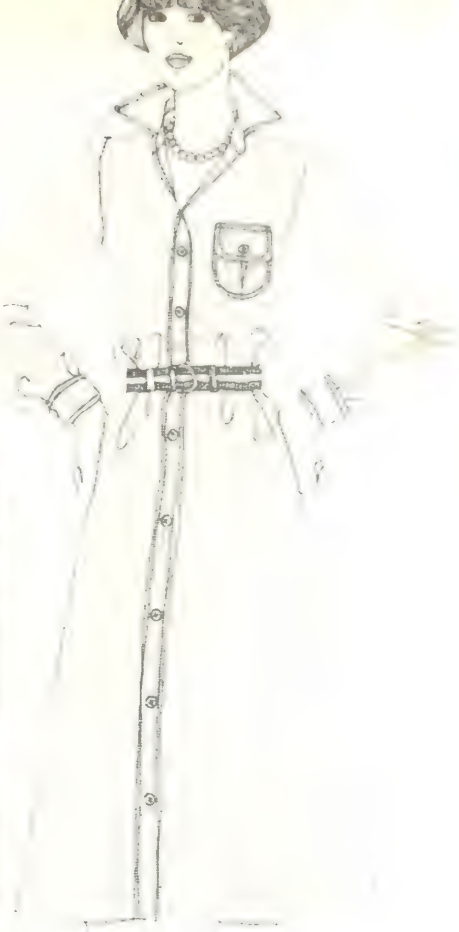
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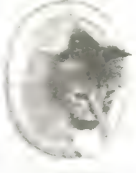


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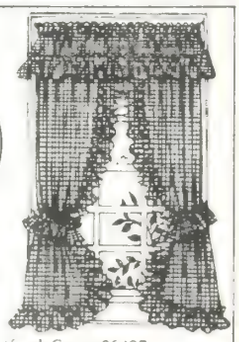
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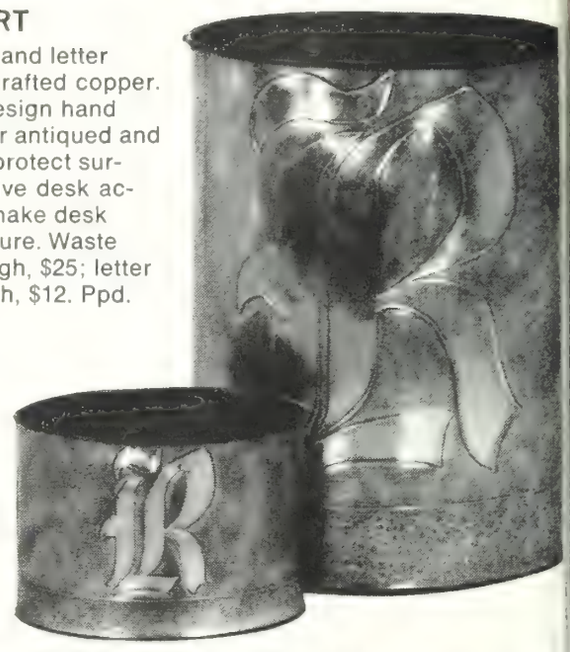
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Shopping around

New England

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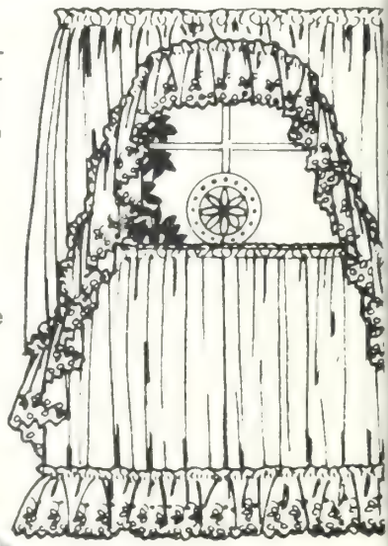


THE COMPANY STOR

An emporium of merchandi geared to late 1880's. In hardware, cut nails, decorative hardware, many hand forged. In stove shed, wood and coal burning stoves, fire place tools, cast iron cookware. Free catalogue. Tremont Nail Co., HG8, 21 Elm St., Wareham, MA 0257

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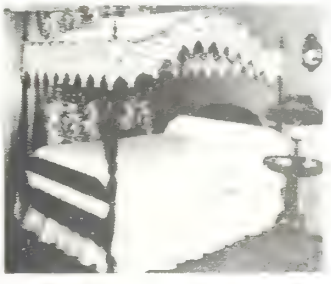
Put an end to dull or dirty bricks around your fireplace, barbeque, or patio—the quick cleaning-action of Bric-Nu removes smoke, carbon, soot, lime, alkali, or any kind of stain; . . . bricks look like new! Pint, $3.98 plus 85¢ post. Anthony Enterprises, HG-8, 556 Mission St., San Francisco, CA 95105.

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CUSTOM CANOPY



Hand-tied fishnet canopy. Double thread, preshrunk, white or cream, four traditional patterns. Standard 87½" by 56½" tester $125; give exact size for queen $150 or king $190. Fringed cream spread, 94" or 82" w. $96. Ppd. Brochure 25¢. Virginia Goodwin, HG8, Dilworth Sta., Charlotte, NC 28203.

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Exquisite stemware designed to add elegance to a table setting. The 9-ounce wine goblet is one of a line of hand-blown crystal with handcut wheat motif. 6½" h. Nontarnish silver-like finish. $7.95 ppd. Free brochure. Crystal Galleries, Dept. HG8, Box 33514, Decatur, GA 30033.

LOTUS BOWLS AND PLATES

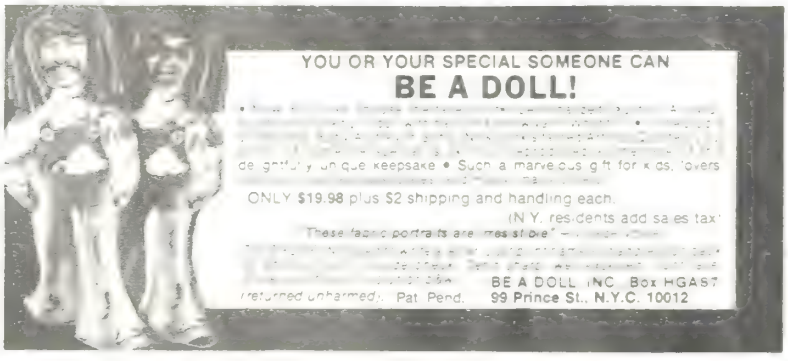


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The Talbots

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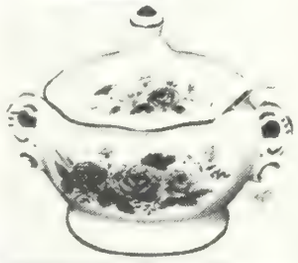
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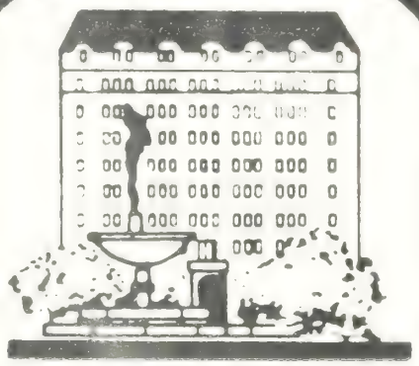
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Charming small tureen of white ceramic, with pastel roses. Holds about one quart, perfect for gravy, vegetable, chocolate sauce—even flowers. Goes well with other dinnerware. Tureen, lid, ladle $6.95 plus 90¢ post. each. The Added Touch, 12 H Water St., Bryn Mawr, PA 19010.



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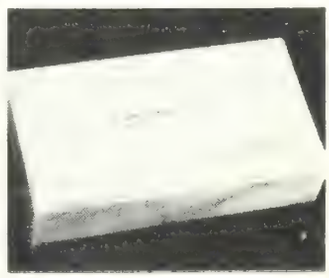
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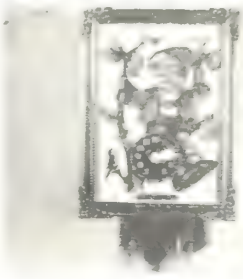
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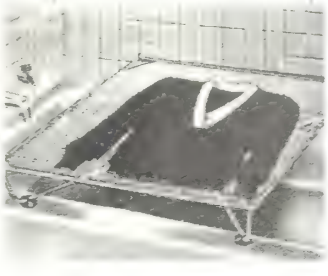
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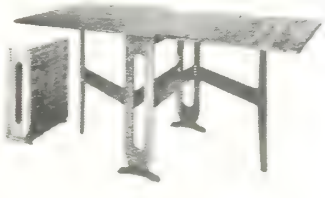
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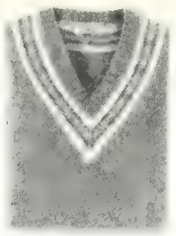
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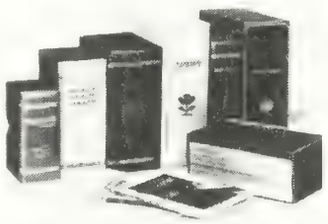
FAIR ISLE V-NECK

Shetland wool sweater with V-neck knitted in traditional Fair Isle pattern in misty tones of green, pink, yellow, blue. Imported from Hong Kong by Aston Imports. Sizes 34 to 40. $32 plus $2 post. per order. Write for free color catalogue. The Talbots, Dept. RG, Hingham, MA 02043.



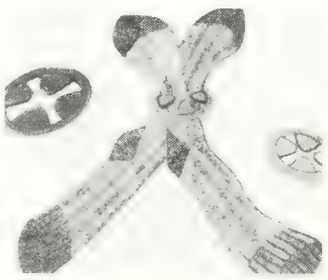
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Economical way to cook meat to perfection. Use newspaper as a starter and fat from the meat as fuel. No waiting for charcoal to heat. Compact, portable grill collapses, easy to clean. Use outdoors or in fireplace. $20 ppd. Doving Geroy, Ltd., HG8, 921 Partridge Lane, Winston-Salem, NC 27106.



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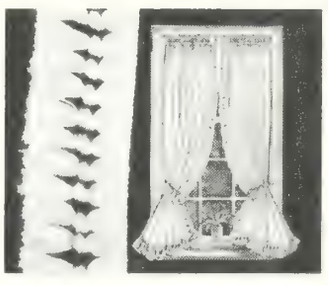
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Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to that dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 40¢ post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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Short knotted 2" fringe outlines permanent-press 50-50 polyester/cotton. Natural or white. 90" w. per pair. 30", 36" or 40" long $9.25; 45", 54", 63" $13.50. 72", 81", 90" $16; valance 10" by 80" $5. Add $2 post. per order. Free catalogue. Country Curtains, HG-82, Stockbridge, MA 01262.

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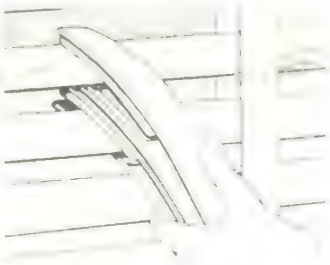
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P. O. Box 2105, Yountville, Ca. 94599

T, TOTE OR CALENDAR



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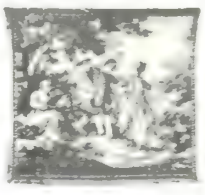


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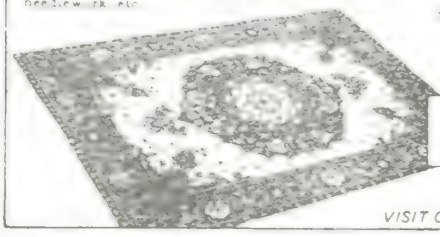
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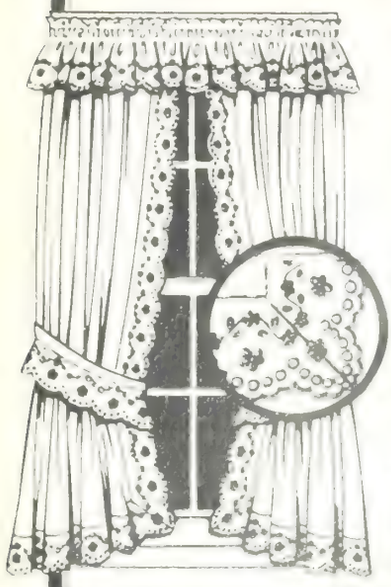
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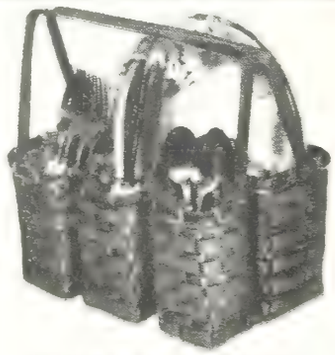
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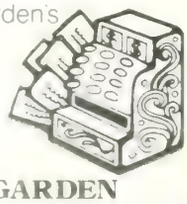
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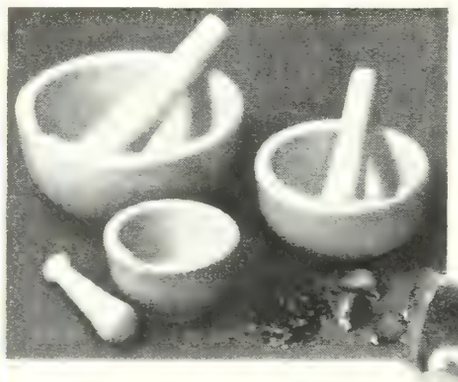
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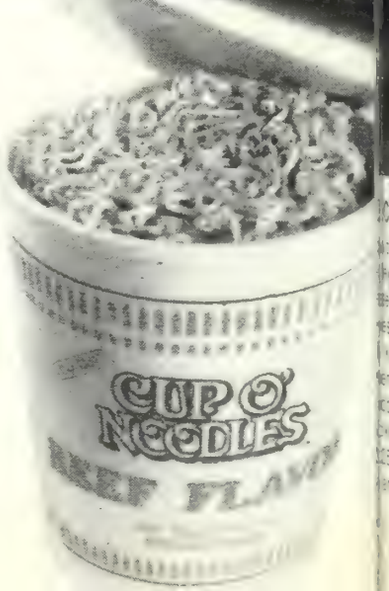


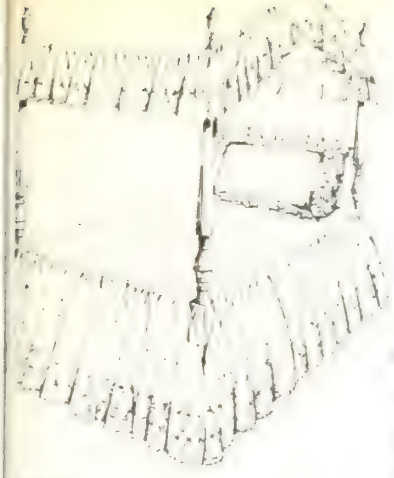
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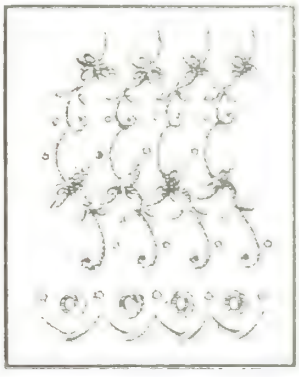






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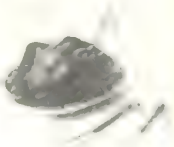
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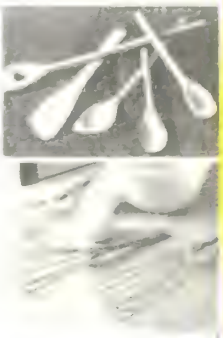


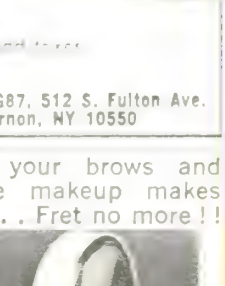
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Bikini with top, $12.95
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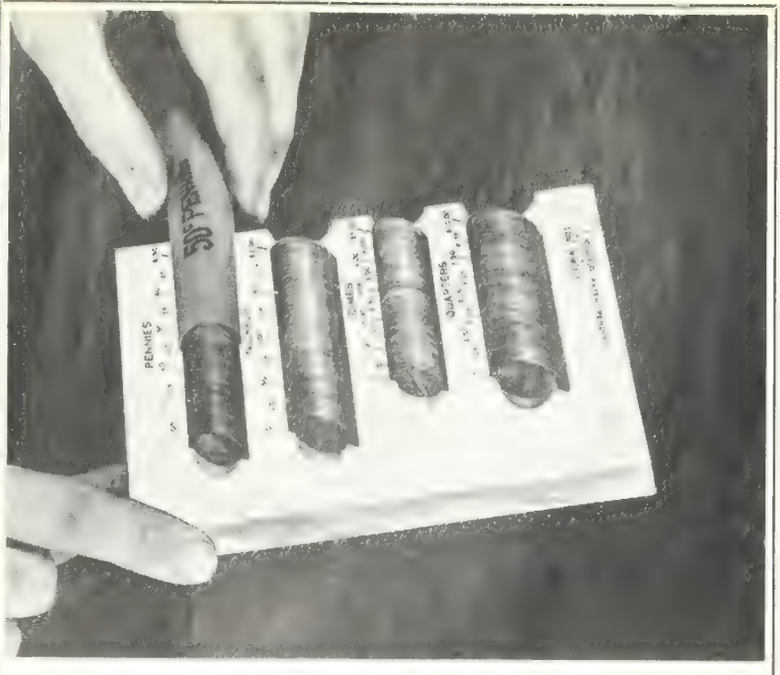


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in solid sterling silver

To renew a wedding vow, to say, "Yes—today more than ever!" To mark baby's birth or an anniversary. Perhaps richer than your first wedding band, for love grown richer with time. Fiery Austrian crystal stones, about 2 carats in all, circling an exquisite openwork setting. American-made, velvety red gift box.
3791 **Ring.** Sizes 5,6,7,8 . . . **$12.98**

Add 45¢ post. & hdlg. NY res. add taxes

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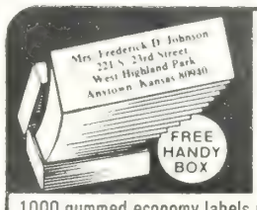
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Each Ornament Kit $2.95
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PLUS 75¢ POSTAGE & HANDLING

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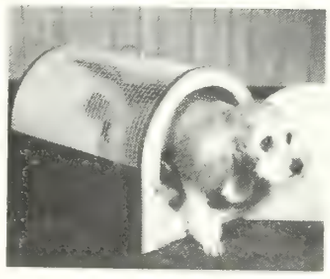
Gleaming gold foil labels stick to any clean, dry surface—no moistening. Handsome black printing and classic border. 1" x 1¾". **Order P6128 Gold Foil Labels, Set of 250, just $1.98. Add 20¢ per set for postage and handling.** | Satisfaction Guaranteed

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STATUS SYMBOL

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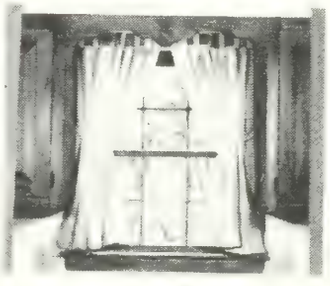
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GINGHAM CHECK TABS

Cheery accent in tab curtains, ¼" check. Yellow, green, red, brown, blue or pink. Approx. 80"w. per pr. 36", 40"l, $16; 45", 54"l. $17; 63", 72"l. $20. Add $2 post per order. Send for free catalogue. Sample swatches, $2. Constance Carol, HG8, Box 899, Plymouth, MA 02360.



PLATING RENEWAL

Deposit new silver on copper, brass or bronze where the original plating has worn away. Use Silver Plus to polish sterling but it does not deposit new silver on sterling pieces. 4 oz. bottle. $5.98 plus 65¢ post. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.

At Last



An Enchanted Fern

. . . that stays "Greenhouse" fresh with no light, no water and no maintenance. Our Enchanted Fern has been chemically preserved to remain as supple, delicate and green as its living counterparts. Fern has a 3 foot spread and is "planted" in a white plastic pot with removable hanger. Send $17.95 (plus $3 post.) by Master Charge, BankAmericard (incl. exp. date), check or money-order to:

CASUAL DESIGNS
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We use only the finest acetate satin wi
225x78 threads per sq. inch. That's so
The difference is in the satin and wo
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Bronze, Blue, Silver, Pale Pink, Whit
Mint or Orchid.

EACH SET INCLUDES
2 straight sheets, 2 cases, OR 1 straigh
1 fitted sheet, 2 cases. Please specif
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SCINTILLA®, INC. 4802 N. Broadway G
Chicago, Ill. 60640

Every 58-Year Old Woman Should Look Like This!

It's true — as much as 10 to 15 years younger-looking than you look today, thanks to the development of the new ALL-DAY FACIAL FIRM-UP that MAKES YOUR FACE GROW YOUNGER BY THE MINUTE — and keeps you younger-looking for the rest of your life!



EDITOR'S NOTE:

18 years ago, the woman you see pictured above . . . Mrs. Marie Glantz of Fairfield, Conn. . . . woke up on her 40th birthday . . . looked in her mirror . . . and DECLARED WAR on age.

Not willing to merely sit back and let time destroy her natural beauty, she decided to do something about it ONCE AND FOR ALL. And what she did is the most sensible, logical approach to the FINAL TRIUMPH over the ravages of time. She consulted some of the most prominent dermatologists and skin specialists. Urged, coaxed and practically begged them to come up with a new solution to a woman-over-30's greatest problem . . . an aging complexion.

Finally, after years of intensive searching, testing and retesting, she was given an INCREDIBLE ANSWER . . . more than she had ever hoped for in her wildest dreams. How successful is it?

Well, look at her picture — unretouched, unaltered — taken when she was 58 years, 2 months and 17 days old. And ask yourself, "How can a grandmother of 58 possibly look as young and attractive as she does?" It almost seems impossible, doesn't it? But not when you read [illegible] — without the use of plastic surgery [illegible] STANTLY firm and tighten facial tissues **in just seconds — reverse years of aging appearance IN JUST MINUTES** . . . make lines, wrinkles and crow's feet disappear from sight for up to 8 hours at a time! So that with just two of these new kind of 60-second beauty-treatments a day you finally rid yourself of those cruel lines and signs of age FOREVER . . . **actually make yourself look like you've grown a brand new skin!**

[illegible] leading medical doctors . . . how you too can actually MAKE YOUR FACE GROW YOUNGER BY THE MINUTE . . . and keep yourself looking younger, EACH AND [illegible]

NOW! WELCOME TO THE AGE OF THE ALL-DAY FACIAL FIRM-UP!

How would you like to take all those lines and signs of age that shout your age to the world — and in just a matter of minutes actually make them disappear from sight . . . the same way professional people who depend upon their appearance for a living now shed years from their appearances ALMOST INSTANTLY! Yes, how would you like to take a wondrous tissue tightening extract that doctors report TIGHTENS AND FIRMS aging skin on contact — apply it to those lines, wrinkles, crow's feet and furrows that rob you of natural youth and beauty . . . and in just minutes see your entire face and neck take on a new youthful smoothness . . . ACTUALLY GROW YOUNGER LOOKING BEFORE YOUR VERY EYES . . . as all those signs of age DISAPPEAR FROM SIGHT IN JUST MINUTES!

THAT PERPETUAL YOUTHFUL LOOK — FINALLY YOURS!

Yes, this is the "Lifetime Youth Treatment" that now awaits you thanks to a brilliant instant-acting formula that actually smoothes and tightens collapsed skin areas . . . draws them firm and supple once more . . . makes complexion problems disappear from sight COMPLETELY . . . so that your skin literally GROWS YOUNGER-LOOKING before your very eyes . . . in just minutes . . . and keeps that fresh glow of youth for hours at a time each and every day FOR THE REST OF YOUR LIFE!

A DOCTOR EXPLAINS HOW IT IS POSSIBLE TO MAKE YOUR FACE GROW YOUNGER BY THE MINUTE!

"Let's be frank. Let's be honest. Nothing but plastic surgery can permanently lift away lines and wrinkles. And up to now, if you wanted to make yourself look 10-15-20 years younger your only hope was not a cosmetic expert, but a surgeon!

But suppose medical science now told you of a wondrous approach to that LIFETIME LOOK OF YOUTH that doesn't rely on permanent methods like surgery. But instead . . . a series of daily treatments of an amazing 'wonder-extract' that tightens and firms skin ON CONTACT . . . draws it firm, supple, youthful-looking in just 3 to 5 minutes . . . actu[illegible] and crow's feet DISAPPEAR FROM S[illegible] full 8 hours at a time. That's right, [illegible] REST OF YOUR LIFE . . . a more youthful-looking [illegible] all day, all night, in fact even while you sleep . . . thanks to this ALL-DAY FACIAL FIRM-UP that works so quickly, so effectively you can stand before your mirror and literally WATCH YOUR FACE GROW YOUNGER BY THE MINUTE!"

SO EFFECTIVE — EVEN WITHOUT MAKEUP, EVEN IN BROADEST DAYLIGHT — YOUR SKIN LOOKS AND FEELS UP TO 10 TO 15 YEARS YOUNGER!

Yes, this is the miracle that this wondrous ALL-DAY FACIAL FIRM-UP does for your skin. It plumps out collapsed surface tissues — the cause of lines, wrinkles, crow's feet. It gives an ALL-DAY "Lift" to your complexion . . . meaning lines, wrinkles, saggy [illegible] and pouches vanish from sight in just minutes [illegible] at a time. It INSTANTLY "Youthifies" the texture of your skin . . . firms and smooths the crinkled areas, the frown marks, the furrows . . . makes your entire face look so young again . . . that even without a drop of makeup or cosmetics you look as much as 10 to 15 years younger for up to 8 hours from each treatment. Meaning, just 2 applications a day . . . one in the morning, one in the evening makes your skin look young, fresh, beautiful all the time.

NOT A MAKE-UP, NOT A COVER-UP BUT AN ALL-DAY FACIAL FIRM-UP THAT MAKES SKIN GROW FIRMER, SMOOTHER INSTANTLY!

Even more important . . . it means that other people [illegible] you are up to 10 to 15 years younger than [illegible] are because wrinkles, lines, deep glaring [illegible] ows will no longer mar your beauty.

And, most important of all it means that from this day on instead of trying to hide and mask complexion problems beneath a layer of cosmetics and makeup . . . you FIRM THESE PROBLEMS AWAY . . . MAKE THEM DISAPPEAR FROM SIGHT ONCE AND FOR ALL with this [illegible]pred[illegible]ble approach to a more youthful appearance, more radiant beauty FOR THE REST OF YOUR LIFE.

PROVE IT YOURSELF ENTIRELY AT OUR RISK!

The name of this exciting all-day facial firm-up is "Nutri-Lift E/25" — an instant firm-up formula that actually makes your face grow younger-looking FOR THE REST OF YOUR LIFE!

But to really experience the thrill of watching lines, wrinkles, crow's feet and furrows vanish from sight before your very eyes . . . we invite you to try "Nutri-Lift E/25" entirely at our risk on this introductory trial offer.

Simply send the no-risk coupon today. When your "Nutri-Lift E/25" All-Day Facial Firm-Up arrives . . . simply apply to any problem area of your face or neck that now broadcasts your age to the world. If in just 60 seconds time, you do not feel an INSTANT FIRM-UP action on the surface of your skin . . . if, in just 3 minutes time you do not see all those lines and signs of age disappear . . . in other words, if your entire face doesn't INSTANTLY look up to 10 to 15 years younger . . . simply return within 30 days for a full refund (except postage and handling, of course). Could anything be possibly fairer?

Remember . . . thanks to this incredible scientific development no woman need ever again look her age . . . so act now!

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MAIL NO-RISK COUPON TODAY



NUTRI-BIO. LAB SALES, Dept. JNLM-9
Caroline Road,
Philadelphia, PA 19176

Please send me on the no-risk basis described above the "Nutri-Lift E/25" Cream I have checked. I understand that if at the end of 30 days I am not thrilled and delighted in every way with my new, youthful appearance, I will receive a full refund of my purchase price (except postage & handling).

- ☐ 30-day supply — only $5.95 (plus 35¢ postage & handling).
- ☐ 60-day supply — only $8.95 (plus 50¢ postage & handling).

Total amount enclosed $_____ (PA. residents add 6% sales tax).
Check or money order, no CODs please.
CHARGE IT: (check one) Exp. Date_____
☐ BankAmericard ☐ Master Charge
☐ American Express BANK NUMBER_____

Credit Card #_____

Name_____

Address_____ Apt. #_____

City_____ State_____ Zip_____

5502-000

Div. of American Consumer, Inc.

MORE LIVING PROOF! – as demonstrated by 44-year old leading fashion model



8:00 A.M.
Even with make-up, lines and wrinkles still stare through — broadcast her true age to the world.



8:03 A.M.
Just 3 minutes after new ALL-DAY FACIAL FIRM-UP is applied . . . complexion problems start to fade from sight . . . it's like growing a brand new skin!



8:05 A.M.
Thrilling new INSTANT-YOUTH treatment is finished . . . her face has actually grown up to 10 to 15 years younger-looking! Lines and wrinkles have disappeared from sight . . . she has finally solved the problem of an aging appearance, thanks to science's wondrous new ALL-DAY FACIAL FIRM-UP that makes your face GROW YOUNGER BY THE MINUTE!

Look at this photographic accentuation of the wondrous effects of this new all-day facial firm-up . . . isn't it incredible how in mere minutes all lines and signs of age are gently firmed away.

6 TRUE STORIES, SWORN TO AND NOTARIZED, DESCRIBING SOME AMAZING POWERS of THE CROSS OF MAGNATOR



"THE NEURITIS IS NEARLY GONE"



File No. 4-12-6 . . . Mrs. R.V.C., California: "I wear my Magnator Cross necklace every day. I only take it off at night. Since I have been wearing the Cross my health has improved. Before I had high blood pressure, my legs ached, at night the soles of my feet would burn like fire. I had terrific neuritis pain in my right arm and shortness of breath. I had to take pain pills and tranquilizers on a regular basis. I wear my Magnator Cross under my clothing next to my skin so as to get full advantage of the magnetic power it produces.

"Now my blood pressure is down to normal, my feet and legs do not ache and burn. The neuritis in my right arm is nearly gone. I only feel it slightly on occasion.

"Now I am not short of breath. I am 66 years old and have started jogging a little and doing exercises."

LUCK IN RENO!



File No. 3-18-6 . . . Mrs. E. B., California: ". . . I do love my Cross Magnator. I had good sleep and felt real good." When I "went to Reno, of course I had my Cross Magnatic on. I had about 3 or 4 nickels in the machine and I had a $7.50 jackpot, a few nickels more, another $7.50 jackpot. I had 4 on that same machine, it was so lucky with my Cross Magnetic, my girlfriend had nothing . . . we went farther up and there was a feller who played those dollar machines. I stood next to him and I asked did you win anything he said so far not. I held his arm, I told him put in two dollars, you will win he did it and out came 36 dollars . . . He put in 2, got 36 dollars, he scooped it up he said I quit, but he put in 2 dollars more and said 'honey you pull the handle and what comes out is for you'. I did and out came 6 dollars, but I told my Cross of Magnator to win for me. Now Sir this is the God's truth, it does really work and I wear it every day and I am so happy with it."

FINANCIAL PEACE-OF-MIND!



File No. 6-18-5 . . . Miss M.E.W., South Carolina: "It is my pleasure to relate the incredible things that began happening on Tuesday, May 27, 1975. This is the date that the rural mail carrier placed my Cross of Magnator in the mailbox. Along with the Cross came three checks that I had anticipated receiving weeks in advance. I drove from the mailbox to the bank and deposited the checks. The closed sign appeared on the window as I drove away. I breathed a sigh of relief to know my checks would not be returned because of inadequate funds. At this point, I realized the magnetic power of the Cross had attracted good fortune the day it was delivered. The moment I adorned my neck with the elegant cross I experienced a precarious sensation that promptly subsided into a miraculous feeling of relaxation.

"On Tuesday, June 10, 1975, my entire nervous system suffered a tremendous impact as a result of being stung by a Portuguese Man-O'-War. The virulent poison from the stinging cells produced livid welts where the tentacles touched my body. The excruciating pain was almost unbearable, but upon freeing myself from the vacuum-like suction of the burning tentacles, I went to my room . . . picked up the Cross of Magnator, fastened it securely about my neck where it has remained undisturbed since my encounter with the Portuguese Man-O'-War. Needless to say, I had a close call . . . There are those who will witness that my statements are true and I have documentary evidence to support these facts. The moment the Cross of Magnator touched my skin, the livid welts began to diminish and the respiratory and nervous symptoms soon vanished. By the time I reached the hospital I was much improved, and it was not necessary for me to remain in the hospital."

FAMILY HAPPINESS RESTORED!



File No. 2-21-6 . . . Mrs. D. H. Florida: "My husband and I were going to get a divorce for a long time . . . I did not want to get one as I loved him very much. We had been quarreling for 5½ months. I decided to buy the Cross and hope he would change his mind.

"As nothing else seemed to work, I received the Cross in the week of February 4, 1976. One week or so after, we went back together. The same day I put the Cross on he was so nice to me. I could hardly believe it. When he leaves he kissed me, when he comes home he kisses me . . . we are living very happily, thanks to the Magnator Cross."

HEART TROUBLE RELIEVED!



File No. 10-10-5 . . . Ms. D. H., California: "I was very sick for 6 weeks. My doctor . . . tell me the valve of my heart don't work right any more because rhumetic fever. I make my will . . . and I prepared . . . for the open heart operation I suppose to have . . . I was in bed the Monday I received the cross. The following Wednesday I go see the doctor . . . I pass every test and I have nothing anymore in my heart. Thank you."

ALLERGIES RELIEVED!

File No. 9-1-5 . . . Miss D.L.S., New York: "My doctor has been treating me for hay fever and dust allergy for thirty years. The Cross of Magnator I ordered from you arrived on my birthday, August 24, and I put it on as soon as I opened the box and admired its beauty. I keep it on even when sleeping and have held good thoughts for its effectiveness. Every day I've been expecting the onslaught of sneezing, itchy eyes, ears and throat but so far I've had NO SYMPTOMS! There is no explanation for it EXCEPT that the Cross is living up to its reputation.

"After all the years of injections and I've had to take pills in addition, this is unbelievable and WONDERFUL! I didn't really expect anything to happen and I am truly grateful. I have had a painful plantar's wart on the bottom of my left foot that I've been trying to get out for years — even THAT is showing signs of healing.

Thank you so VERY MUCH. I'm looking forward to even more benefits from this magic, magnificent Cross."

HOW DOES IT WORK?

Who can really say what causes such miracles as these? Our representative journeyed to France to learn the secrets and then arranged to produce a limited quantity of the magnetic Cross you see here for distribution in the United States. We call it the Cross of Magnator, and its magnetic field can acually be scientifically measured. Some believe the Cross regulates the biomagnetic current flowing through your body to relax muscles and tissues so the body can start healing itself and so you can live more positively, joyously, and successfully.

A MAGNIFICENT OBJECT OF BEAUTY, TOO!

Of course, no one can promise that our exquisite Cross will produce miraculous results for **you.** It is something you must find out for yourself. We can, however, make this assurance: You will be completely delighted with the Cross as a magnificent object of the jewelers' craft and a superb personal adornment.

100% MONEY-BACK OFFER

In any event, you risk absolutely nothing when you order this magnificent Cross — because, if after 15 days, you are not absolutely delighted with it, and all the resulting benefits it may bring, simply return the Cross, and your money will be refunded in full. Promptly. With no questions asked.

Order today to qualify for a $100 cash gift.



Once you have actually worn the Cross next to your skin, you may want to tell others about your experience. As an encouragement for you to do so, we will send you a unique honorarium of $100 in cash — if your comment and experience is used to help us spread the word about the Cross. So, wear the Cross, and write us of your experiences. You must swear your statement is true and have it notarized by a notary public for it to be considered. When we receive your letter and decide it can be used, we will send you a certified check for $100 cash. Since 1975, over 50% of the testimonials submitted were published, and honorariums paid. In the future, we will continue to publish a similar number of meaningful testimonials.

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ORDER NOW AND SEE IF IT DOESN'T IMPROVE YOUR LIFE!

AMERICAN CONSUMER, Dept. MGCK-95
Caroline Road, Philadelphia, PA 19176

Yes, I want to see if the Cross of Magnator can help me. Rush my order and I will wear it next to my skin for 15 days to judge the results. I must be completely satisfied or return it for a full refund (except postage and handling).

Please send me _____ (MGCK) Cross(es), gold-plated with 24" chain . . . only $14.95 each.

SAVE $3.00! Order 2 for only $26.90).

Please add 75¢ per item to cover postage and handling.

Total amount enclosed $_____ PA residents add 6% sales tax.

Check or money order, No CODs please.

CHARGE IT. (check one) Exp. Date _____

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4009-007

EXTENSION HELPING HAND

High or low, the lightweight aluminum helping-hand adds 27" to your reach, over two feet! Ideal for convalescents, aged, for removing cans from shelves or for hard-to-reach storage. Spring action firm-grip handle. $2.98 plus 95¢ post. Dorsay, Dept. HG-83, 240 Kinderkmack Rd., Oradell, NJ 07649.



COLLAR EXTENDER/GAME

It's almost magical what the collar-extender can do to ease any tight collars on his good shirts. Tiny hook-on gadget gives extra half-size comfort for a just right feeling! $1.29 for set of two, add 20¢ post. Anthony Enterprises. HG8. 556 Mission St., San Francisco, CA 94105.



HANG-UP BRACKET

Wise old owl of open grillwork sits like a sentry over plant hanging on swing-out arm. At a touch, he swivels to face sun. Solid black cast iron, for use indoors or outside. 5¼" by 2". $1 plus 50¢ post. Write to Cadlyn's, HH8, 10250 N. 19th Ave., Phoenix, AZ 85021.



FOOT BANDAGE

Treatment for tender, bent toes is a self orthopedic pad that rests underneath, held securely with elastic over toe. Alleviates pain, toe tip corns. Washable. Specify shoe size. Pair, $5.98, plus 40¢ postage. Write to Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



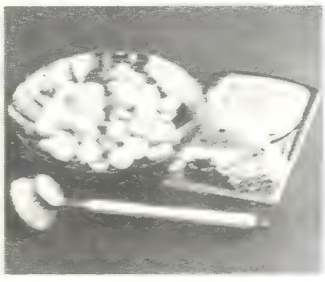
HEART OF HEARTS

Sterling silver heart ring is a most unusual shape and a beautiful sentiment to wear. An Israeli import and surprisingly easy on the finger. Sizes 5, 6, 7, 8. Please specify when ordering. $8.98 plus 45¢ post. Write to Lillian Vernon, G8E, 510 S. Fulton Ave., Mt. Vernon, NY NY 10550.



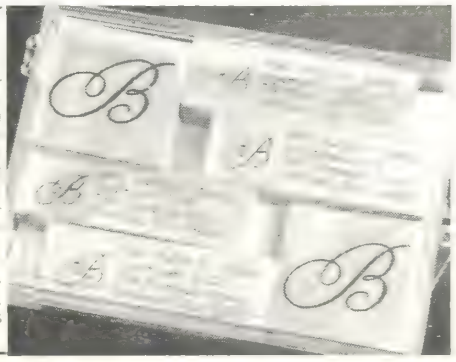
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Stainless steel vegetable scrubber cookbook and steamer turn indifferent vegetable eaters into enthusiasts. Scrubber, 11" long folds. Fits any pan 5½-9" across prevents scorching. Steamer never rusts. Set, $5.98 plus 60¢ post Country Gourmet, G8E, 512 S Fulton Ave., Mt. Vernon, NY 10550



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stock up on a supply of ele- t name and address labels. e set includes 250 black on d 1" x 3" script initial ad- ss labels (To 10 letters per e 4 lines, and 100 matching d initial 1x1" envelope seals. use them to personalize ev- thing—stationery, checks to nify books $3.50 post- 1st Class, 25¢ 3rd Class P gift catalog, 50¢. Bruce Bo- 28 Bolind Bldg., Boulder, lo. 80302. (Since 1956. Thanks You

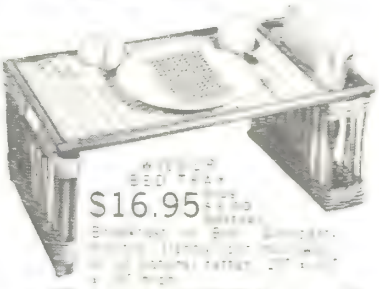


RATTAN HEADBOARDS

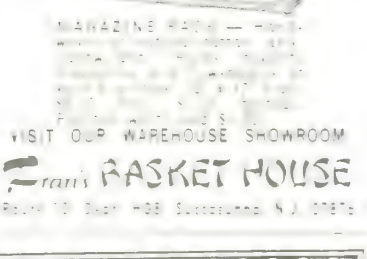




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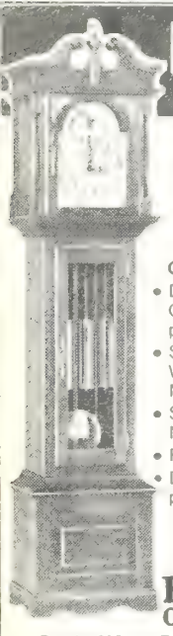
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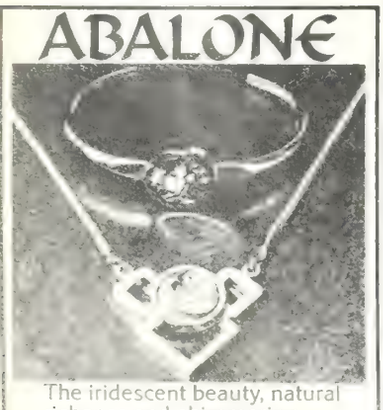


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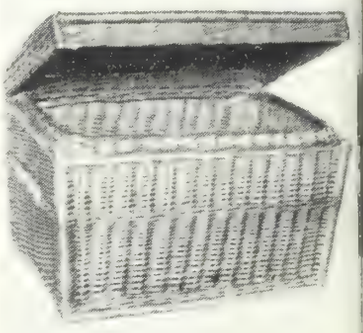
DIMENSIONS IN TIME
Clock in handformed polished ¼" Lucite frame, 5" dia. opening in front. Behind is sq. ⅛" thick mirror reflecting hands, decor. Black metal hands, red sweep-second hand-dip painted. 3x6¼x6". With "C" battery. For wall, desk. $29.95, $2 post. AMC Products, HG8, Box 341249, Coral Gables, FL 33134.



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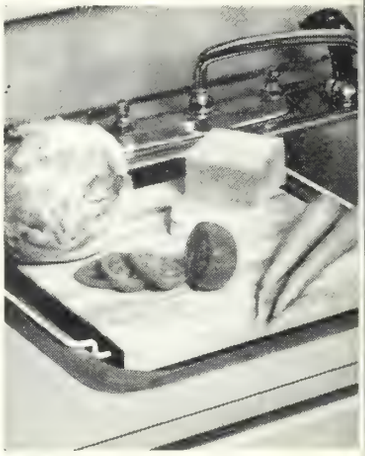
THE WATCH
Personalization of sea invites empathy with anticipation of the helmsman. Lithograph is from a pencil-illustrations series by Robert Winter Cato. Printed 20" by 24", ready to frame. Perfect gift for the sea-minded. $12.50 ppd. Windward Studio, HG8, 700 Route 46, Clifton, NJ 07013.



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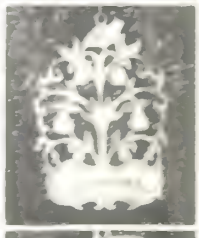
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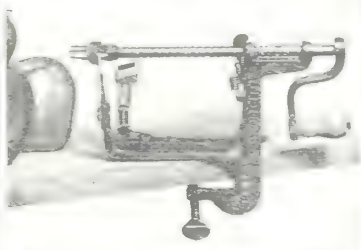
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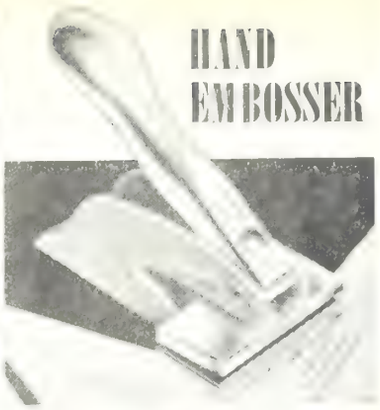
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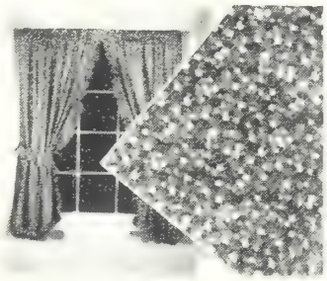
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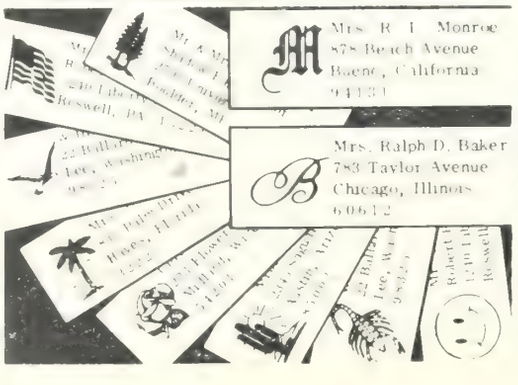
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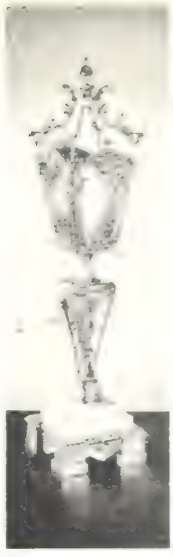
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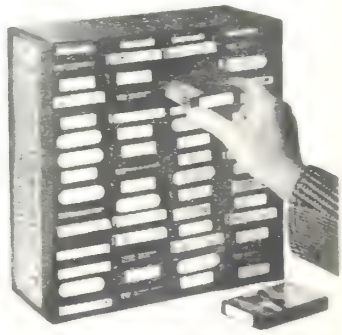
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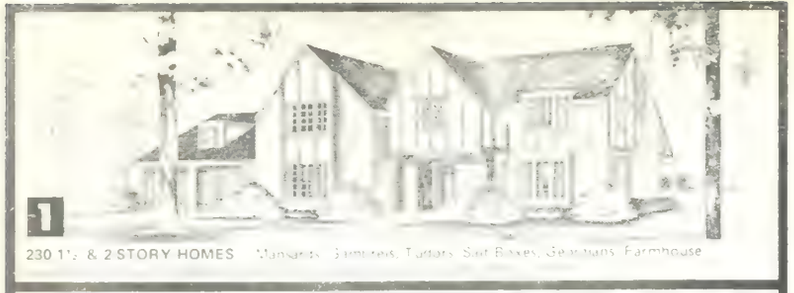
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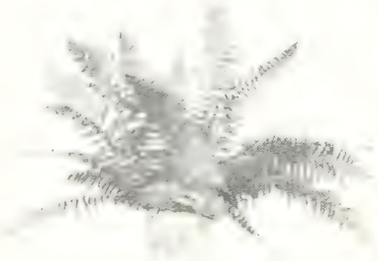
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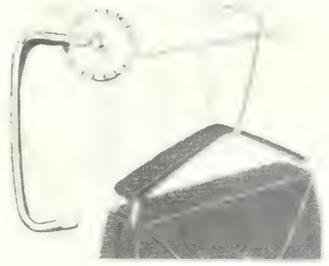
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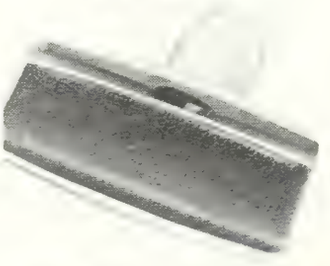
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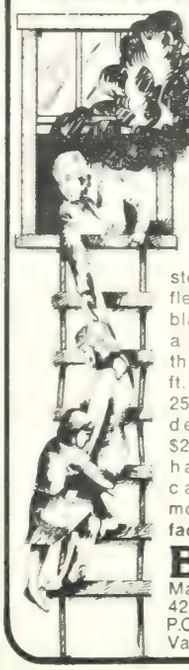


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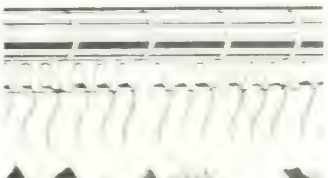
Natural wood finish display case for tiny collectibles has hanging hooks for wall use. Niches from 1¼" to 2¼" w., 1⅞" h. Overall 13¾" by 16¼" by 2". A delight for collectors of all ages. $9.98 plus $1.50 post. Lillian Vernon, G8E, 510 S. Fulton, Mt. Vernon, NY 10550.



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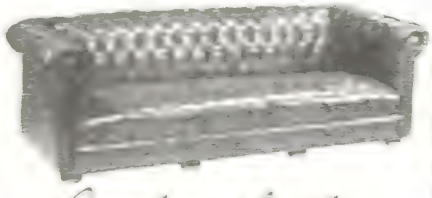


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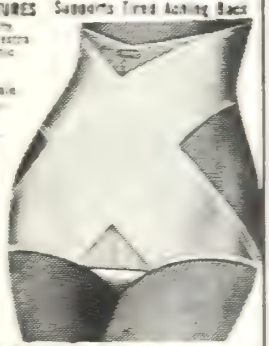
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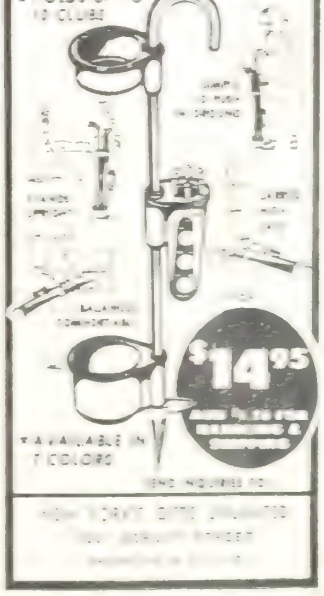
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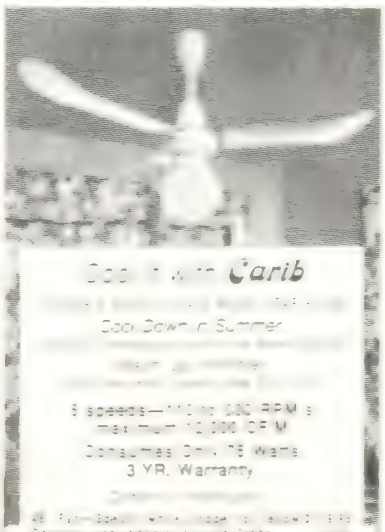
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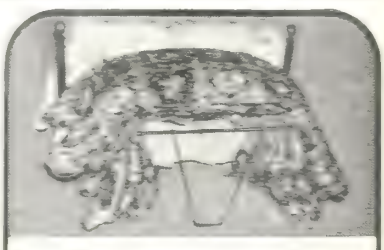


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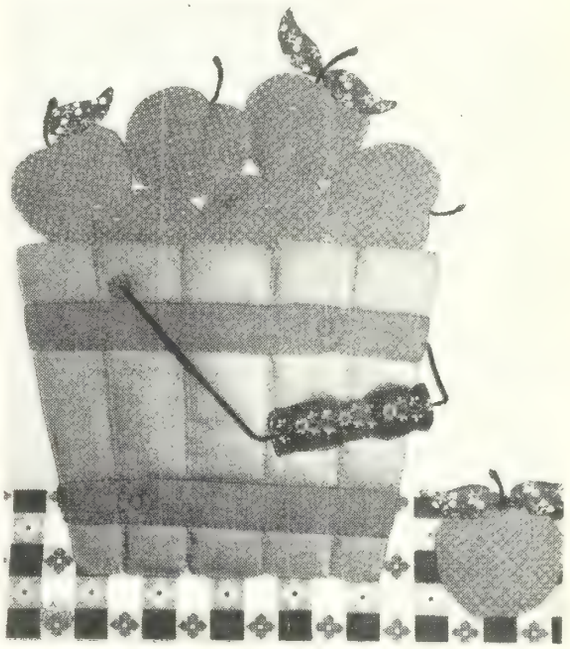
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"Apple Bucket" kit for padded applique picture includes all fabrics and batting, full-size pattern, inst. Red apples, gold bucket, blue ground. About 14" by 16" framed. Kit (no frame) $7, or pattern, inst. $2. Ppd. Brochure 25¢. The Patchwork Pillow, HG8, Box 52604, Atlanta, GA 30305.

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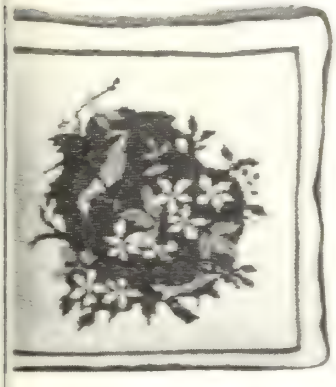




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ackground. Num-
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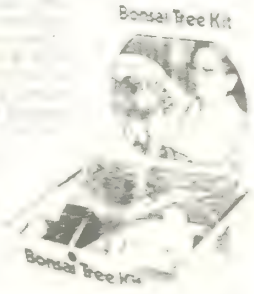


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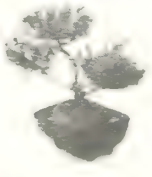
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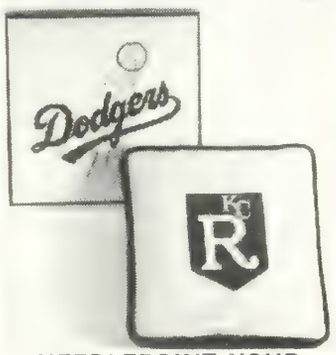
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browns, greens, black
white; needle; instruct
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01701.

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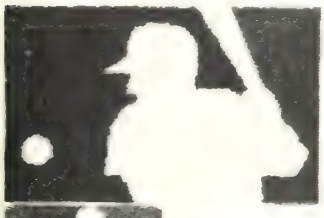
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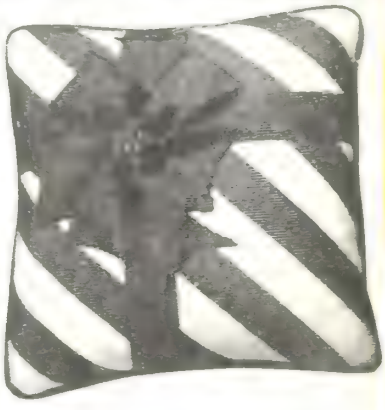
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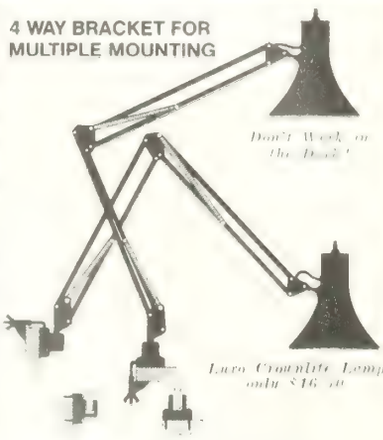
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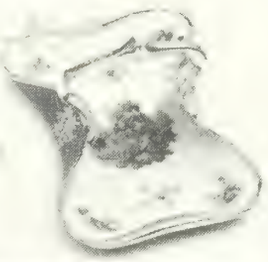
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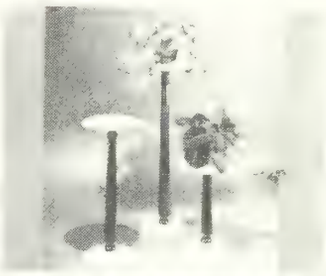
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Good-looking six-cup teapot has candle-warmer base for keeping beverage hot. Earthenware pot is dishwasher-safe. Has pewtertone finish. Metal base is die-cast to give strength and durability. Candle is included. $23 ppd. The Gift Express, Dept. HG8, Box 636, Westfield, NJ 07090.



CRANBERRY LIMOGES

Flower sprinkled Limoges china basket with outside in deep rich cranberry red color. Gold handle and rim. Perfect for nuts on a dinner table or for a collection. 4" long. Delightful gift. $10.98 plus 75¢ post. Lillian Vernon, G8E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



DECORATIVE STANDS

Fruitwood finished hardwood with tops and bases of off-white cultured marble, a combination of marble dust, polyester resin. Resists stains, wet pot marks. Assembled. 18" tall, $28.95; 28", $32.95; 38", $34.95. Set of 3, $84.95 Ppd. Americraft, HG8, Box 746, Hildebran, NC 28637.



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There is no need to have ugly cracks and openings around your tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface, 11 foot roll, $2.98 plus 50¢ postage. Order from Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.



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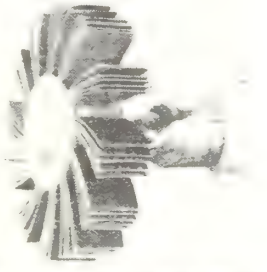
Ideal for dining, kitchen, study or living room. Sturdy twin oak pedestal with maple butcher block top. Tables come in sizes 60" by 30", $207; 60" by 36", $225; 72" by 36", $246. Exp. Coll. Catalogue, 50¢. Write to Butcher Block & More, HG8, 1600 So. Clinton, Chicago, IL 60616.

MUSCLE TONER



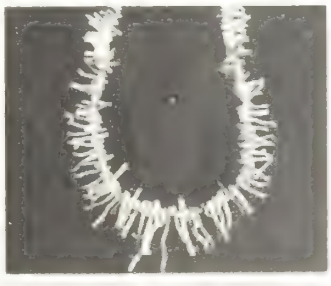
Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $2.98 plus 40¢ postage. Anthony Enterprises, HG8, 556 Mission St., San Francisco, CA 94105.

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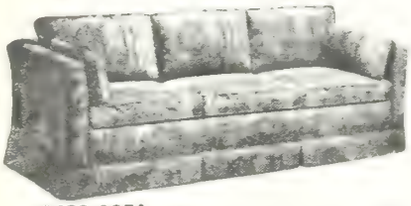
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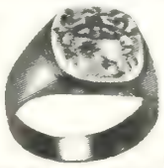
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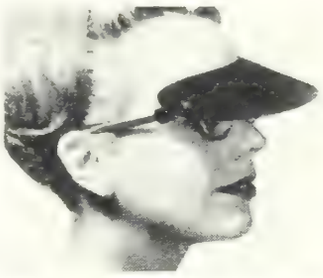
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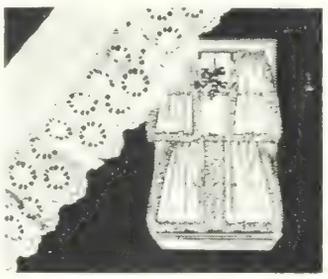
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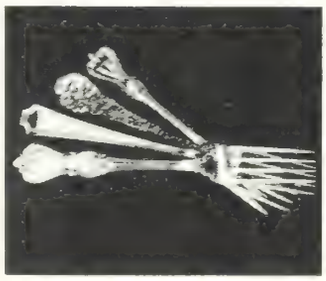
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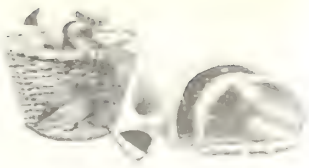
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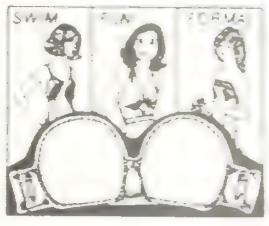
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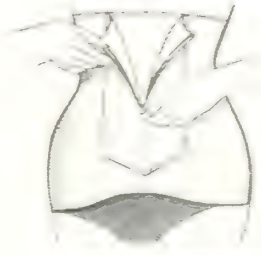
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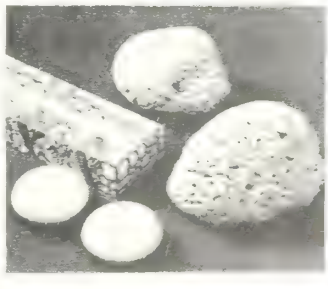
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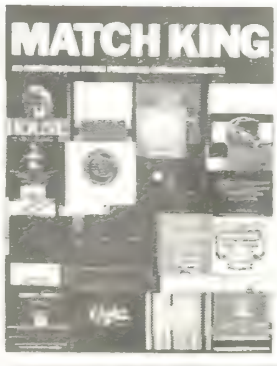
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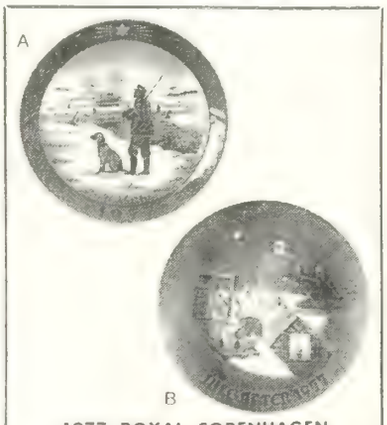
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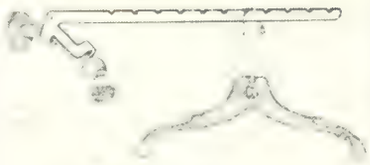
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46 Cote de la Fabrique, Quebec, Canada





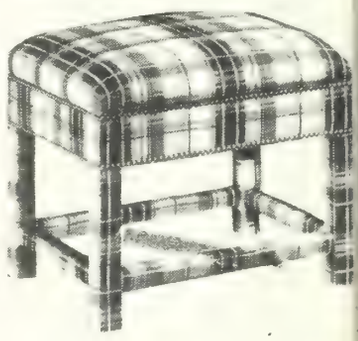
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For travel or home use, a sturdy dryer to hold all your washables is a great help. Hooks onto any showerhead, notched shaft holds 11 hangers. Steel construction, rustproof vinyl finish. $2.98; two $5.50. Add 50¢ post. American Century, HG87, P.O. Box 36232, Los Angeles, CA 90036.

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Fun-to-do needlepoint contain eight different stitches, to give three dimensional effect in wo yarns and embroidery floss. 7" b 14" design on #14 canvas. $9.9 with stitch chart and instr. Walnu finished wood frame, $4.95 plu 75¢ post. Victoria Gifts, 12H Wate St., Bryn Mawr, PA 19010.



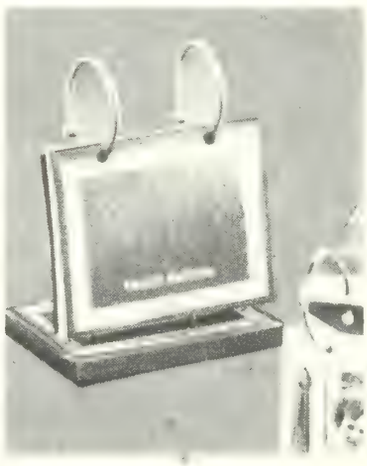


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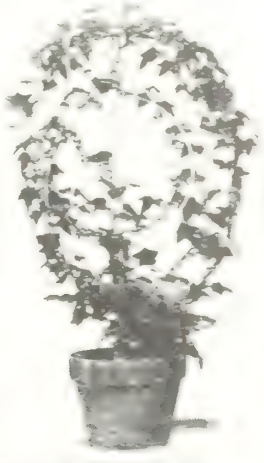
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Jayne's Jewelry Manufacturing Corp.

Tipoffs for midsummer



By James Fanning

How to make tomatoes see red. How green is your office? Three new books. Plus a great way to learn environmental design

...l Columbine
...ant
...erard's Herbal

The way it was

In England, books about plants and gardening have been rolling off the presses for just about as long as there have been presses. In Shakespeare's time—a bit more than 100 years after the introduction of printing—two books were published that remain to this day leading authorities on plants and their uses. First of these, printed in 1599, was John Gerard's *Herbal, or Natural History of plants*. Next came *A Garden of Pleasant Flowers*, by John Parkinson, published in 1629. Gerard's Herbal, a scientific treatise, listed and categorized all of the plants known at that time. Although some of the classifications are wrong by modern standards, Gerard showed an amazing understanding of the relationships among plants and foreshadowed the work of Linnaeus a century later. Parkinson, on the other hand, wrote about gardening without paying too much attention to scientific classification. His emphasis was on the decorative, culinary, and medicinal use of plants, with special emphasis on how to grow them. For generations the two books have been a bibliophile's treasures, unavailable to the everyday gardener, so it is a great joy to report that both are now in print in facsimile for anyone who may be interested. As summer reading, to be picked up at odd moments, they give an unparalleled view of gardening as it was in the 17th century, with lessons as valuable today as they were then. Needless to say, the language has all the charm of its time, as do the lovely—and copious—woodcut illustrations. The facsimile *Herbal* is priced at $50 and the *Garden of Pleasant Flowers* at $25, plus 40 cents postage for a single volume, 75 cents for all other orders, from Dover Publications, Inc., 180 Varick St., New York, N. Y. 10014. New York residents should add sales tax.

Learning design

Reston, Va., a pioneer among planne communities, is pioneering again, th time in the field of education for enviro mental design. Guy L. Rando, a lan scape architect who had a part in th original planning for Reston, has set u The Reston School for Environment and Landscape Design in conjunctio with his own professional office. Th school does not offer classroom cours of cut-and-dried instruction. It is, in e fect, an apprenticeship, where studen learn by actually doing the work involve in environmental design. Students wor on real projects, seeing them throug from preliminary planning to final cor struction, with the procedures involve in each stage explained by experience professionals. Just as there is more t landscape architecture than planting there is more to environmental desig than pollution control. Tomorrow's lan scape architect/environmentalist is goin to need a carefully balanced training i all of the disciplines involved, and this i what the Reston School expects to pro vide. For full information about th availability of courses, including specia summer programs, write Guy L. Rand & Associates, Inc., 1618 Water's Edg Lane, Reston, Va. 22090.

Office greenery

Plants are as much a part of today's office as typewriters. Mostly, the greenery gets attention at irregular intervals—whenever somebody thinks the plants look dry. With the best of intentions, most people working in offices simply don't know enough about their plants to give them the care they need. So Jacqueline Heriteau has taken it upon herself to remedy the situation with a book. *The Office Gardener* (Hawthorn, $9.95; $5.95 paperback) describes all the places where plants belong in an office, the kinds of plants appropriate for each, and the care they need. Illustrations are line drawings, plus charts for light and temperature requirements. Included is a list of mail-order suppliers for plants and maintenance equipment.

Blushing tomatoes

Some gardeners clip leaves from their tomato plants to let sunshine reach the fruit. This is done in the belief that sunshine falling directly on the green fruit will hasten its ripening. It is not really a wise practice, though, since tomatoes need the food manufactured by leaves and may not develop as well as they should if deprived of it. Also, hot sunshine falling directly on the fruit may cause scalding and cracking, particularly if a period of hot weather follows one of heavy rainfall. Probably the soundest procedure with tomatoes is to remove side shoots to prevent over-bearing but let the leaves stay on the main stem to feed the fruit and shade it from hottest sunshine.



Jame Unde Croc know milli garde throu TV s Croc Victo Gard

Victory for Crockett

One of the most popular TV programs of the 1976-77 winter season was *Crockett's Victory Garden*. Originating in Boston, the series was carried by 103 stations of the Public Broadcasting Service, with viewers in every state of the Union. James Underwood Crockett, the man in front of the camera, is a plain dirt gardener who knows what he is talking about and has the charisma to make other people listen. His answers to questions are simple and direct, following the Crockett maxim: "If it doesn't work, I'm not interested." As a continuing reminder of the Victory Gardener's instruction, Mr. Crockett has assembled a book that follows garden activities through the 12 months of the year. Emphasizing vegetables but giving flowers their due as well, the book is as crammed with sound information as the TV series itself. It is illustrated with color photographs and line drawings and has a question and answer section for each month. *Crockett's Victory Garden* (Little, Brown) is $17.50 in hardcover, $9.95 paperback. The TV series incidentally, goes on the air at different times in different places. Consult your local newspaper for when it may be seen in your area.



LEE LOCKWOOD

Building facts
continued from page 109

Plumbing fixtures: Kohler Co. kitchen sink fittings by Elkay Mfg. Corp.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Two self-cleaning wall ovens, counter cooktop, refrigerator/freezer, dishwasher and dryer from Sears, Roebuck & Co.; under-counter dishwasher by Whirlpool Corp.; ventilating exhaust fan by Nu-Tone Div., Scovill Mfg. Co.

Water heaters: 40-gallon tank by Individual Water Heater Co. for bathrooms; 40-gallon tank for kitchen.

Heating system: Two-zone oil-fired forced warm-air system and furnace for upstairs and downstairs; thermostats on each floor by Honeywell.

Materials and equipment used in the kitchen on pages 72-75

Architect: Laurence B. Perkins, Boston. Cabinetmakers: David Platt and Robert Anderson, Rockport, Mass. (Platt).

MECHANICAL EQUIPMENT AND APPLIANCES

Corning cooktop by Amana. Refrigerator-freezer, dishwasher, double oven, Dispos-all, exhaust hood over Corning cooktop, built-in cooktops by Jenn-Air and Dacor, and Electric "Thrust Power" exhaust hood over center island by Thermador. Stainless steel bar sink by Elkay. Undercounter refrigerator by Hotpoint.

INTERIOR

Portuguese-type vinyl tile by Elon Mfg. Light fixtures by Lightolier. Track lighting by Progress from Wolfers Lighting, Boston. Alabaster semi-gloss latex paint by Pittsburgh Paints.

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Building and Remodeling

1. "FOCUS ON FLOORS"—a practical guide to decorating from the floor up. This 12-page full-color booklet features decorating tips for kitchens, family and living rooms, bedrooms, foyers, and hobby rooms. Includes entire section on do-it-yourself installation, a flooring glossary, plus information on cost and maintenance. From Congoleum. 50¢

2. EXCITING NEW DIMENSION IN GLASS for residential housing . . . PPG Solarcool Bronze. Booklet discusses the inherent beauty of Solarcool Bronze plus its multiple home-owner benefits—perhaps most important, its ability to save on air-conditioning costs. PPG Glass.

3. STAINLESS STEEL SINKS. New booklet gives ideas for kitchen, bath, and laundry. Includes many features and models. A must for building and remodeling. Elkay Mfg. Co.

Decorating

4. COLLECTOR'S EDITIONS. This catalogue is an assemblage of wall clock designs and antique reproductions for those who appreciate excellence. Each clock must be of collectable quality in design, execution, and the excellence of its movement in order to be included in this group. Howard Miller Clocks. $1

5. FINE FURNITURE. A colorful 16-page booklet illustrates dining, living, and bedroom designs. Many decorating ideas are shown and the flexibility of upholstered and wood furniture is discussed. Tomlinson Furniture. $1

18TH-CENTURY PORTFOLIO [illegible] styled furniture. Authentic reproductions or adaptations of the most outstanding designs of upholstery, and cabinetry from Queen Anne to Sheraton. Each style is made in the characteristic wood of the period and finished to develop the ultimate depth and beauty. Henredon Furniture Industries. $1

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FAMOUS DESIGNS. Series of booklets illustrates French, English, Italian, Mediterranean, American traditional, and contemporary furniture. Each booklet is a guide for selecting bedroom, dining room, living room, and occasional pieces. Handy room-planning kit included. Drexel Furniture. $1

. GRANDFATHER FLOOR CLOCKS. Brochure [illegible] collection of famous Ridgeway floor clock styles and their availability in a choice of designs and finishes. Descriptions are informative and clocks are shown in a range of price groupings. Gravely Furniture Company, Inc.

. LIGHT UP YOUR LIFE with specially designed lighting fixtures from King's Chandelier Co. Each order is assembled from selected parts according to your specifications from designs shown in the [illegible] $1

. SUNBRELLA OUTDOOR DECORATING GUIDE. [illegible]

Eating and Entertaining

13. MAKE THE MOST OF IT. [illegible]

Gardening

14. "1977 BUYERS' GUIDE." [illegible] tional shows is a wide range of portable and stationary tools and accessories. Everything from lawn and garden tools to drills, saws, sanders, grinders, jointers, shapers, lathes, and mixers.

Potpourri

15. SOME HELPFUL DOS AND DON'TS ABOUT MOVING are discussed in the Weyerhaeuser Moving Kit, from now until it will cost to what to do about storage. There is also a handy checklist to organize your move out and in.

16. PHONECENTER STORE CATALOGUE. [illegible] come the most modern telephone home in the neighborhood. Learn about all the services available through your local Bell company. See the full range of decorator [illegible]

17. BRIGHTEN YOUR HOME YEAR 'ROUND. With the new techniques now available for drying and preserving flowers in microwave ovens, you can enjoy beautiful floral arrangements year 'round. By following the step-by-step methods in this booklet, you'll find drying flowers is both [illegible]

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Nantucket
continued from page 46

Buy a copy of *The Inquirer and Mirror,* the weekly newspaper. Affectionately called the "Inky-Mirror," it tells the Theatre Workshop schedule, as well as special autumn shows of paintings, sculpture, and crafts held at the Kenneth Taylor Galleries. Every year Nantucket shops, restaurants, and shows come in and go out like the tide and the "Inky-Mirror," at The Hub on Main Street, gives you the latest local news.

☐ **RESTAURANTS**

Open through mid-October, four restaurants ranging from the reasonable to the rare are North Shore Restaurant, The Tavern, The Skipper, and The Opera House. Serving into November are The Boarding House with elegant fare, and the Company of the Cauldron, whose specialty is Northern Italian cuisine. Open all year-round is the grand hotel, the Jarred Coffin House, with all meals available. Year-round restaurants are the Brotherhood of Thieves, where you feel you're having your last beer before shipping out; The Club Car, once a part of the old railroad that ran from one end of the island to the other; The Dory, for a quick, good meal; and Cy's Green Coffee Pot, the islanders' favorite haunt.

☐ **HOTELS**

Accommodations can be made in advance by calling Nantucket Accommodations, 617-228-9559, or write Box 462, Nantucket, Mass. 02554. There is no charge for its service. You can also write the Nantucket Information Bureau, 25 Federal St., Nantucket, Mass. 02554. It can't book you a room, but will send you a booklet of information. Or you might walk there once you arrive, and they can tell you the vacancies available. Susan King, a native, is most helpful, and knows everything about the island.

Columbus Day signals the end of the season for many hoteliers. Two small, cozy inns open until then are the Barnacle Inn, 11 Fair St., bright and cheerful with each room named after a brave whaling ship such as "Fortitude," and the India House, 37 India St., where the owner has written a cookbook just on breakfast, so you know his are special.

☐ **GETTING AROUND**

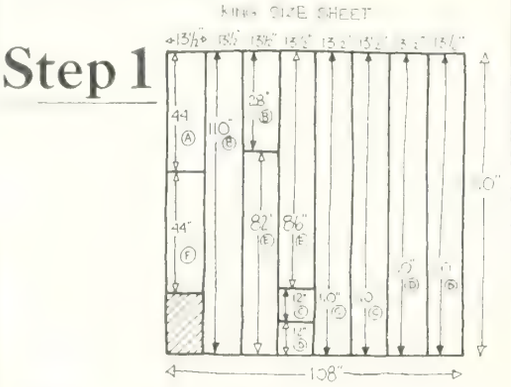
You'll need a car only to explore the whole island, and much of that you can do by bicycle. To rent a bicycle: Young's Steamboat Wharf, tel. 228-1151. To rent a car: Allen W. Holdgate, 45 Washington St., tel 228-0135. Perhaps you would prefer a tour. Bertha O'Neil, a native who runs a taxi and carries the mail to and from the airport, will give you a compact tour of 1½ to 2 hours, for a group of 4, $4 each, tel. 228-0008.

☐ **HOW TO GET THERE**

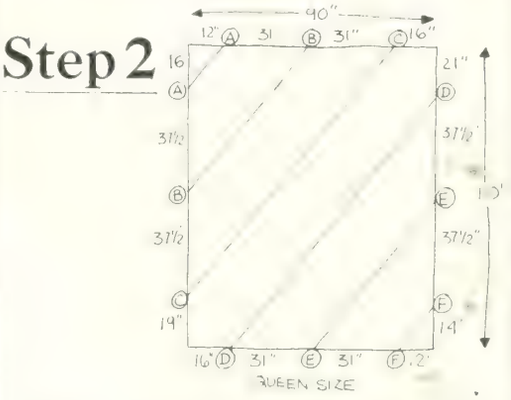
Air New England flies from New York and Boston, on a year-round basis. Planes are more frequent from Boston. There are ferry connections to the island from Hyannis and Woods Hole, but the ferry from Hyannis stops the end of October. Ferries continue through the year from Woods Hole, two sailings a day, midmorning and late afternoon. By ferry is a colorful way to arrive at Nantucket, and the trip takes about 3 hours from Woods Hole, 2 from Hyannis. Travelers can take their cars aboard, but reservations should be made in advance through the Woods Hole, Martha's Vineyard and Nantucket Steamship Authority, P.O. Box 284, Woods Hole, Mass. 02543, tel. 617-540-2022. Passenger service is also offered aboard Hy-Line boats sailing from the Ocean Street Dock in Hyannis, but stops the end of October, tel. 617-775-7185. ■

Ruffled quilt instructions
continued from page 79

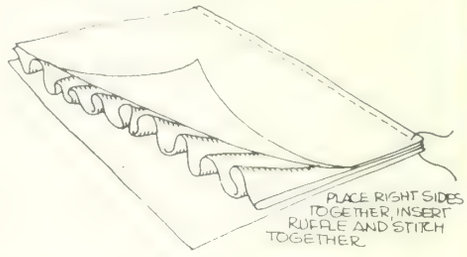
strips 13½ inches wide as shown in the sketch. You will need six strips, 2 each at 44, 138, and 232 inches. Piece together the longer lengths by stitching corresponding letters together (as shown in sketch) right side to right side, leaving ½-inch seams. Press open. Fold fabric over, right sides together lengthwise. Finish short ends of each strips by stitching a ½-inch seam. Turn right side out. Gather by hand or machine ⅜ inches from the raw edges until each piece is half as long as its original length (the length of the corresponding diagonal slashes in the quilt top sketched).

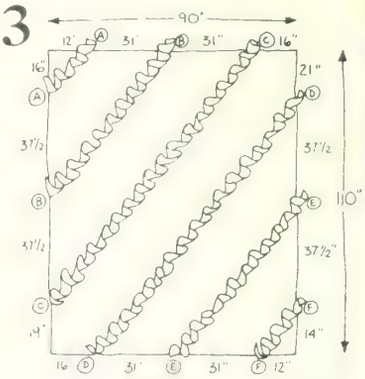


Step 2. *To make quilt top:* Lay out one queen-size sheet flat on the floor. With yardstick and tailor's chalk divide it into the diagonal dimensions sketched. Cut along chalk marks.



Step 3. *To insert ruffles:* Pin, stitch ruffles into the diagonal slashes of the quilt top, easing gathers to fit. Starting at the upper left, sandwich the corresponding ruffles between the first two sheet sections as shown. The sheet sections must be right sides together with raw edges along raw edges of ruffle. Stitch leaving a ⅝-inch seam. Press ruffle away from body of quilt. Continue in this manner until all ruffles are stitched. Press in place.





Step 4. *To make the total cover:* With right sides together, pin the ruffled sheet to the second queen-size sheet. Stitch around three sides leaving a 1-inch seam. Bottom sheet will be slightly larger than the ruffled sheet. The fourth side remains open.

Step 5. *To stuff the quilt:* Cut 6 strips of Dacron batting in 110-inch lengths. With heavy thread baste the lengths together using long stitches to make 2 pieces 90 by 110 inches. Put these two layers one on top of another. Place on top of ruffled sheet (which is still inside out). Baste the 2 thicknesses of batting to the 1-inch seam allowance of the quilt, being careful not to close the fourth side. Carefully, with the aid of a friend, turn the quilt right sides out. Slipstitch the fourth edge closed.

Step 6. *To finish the quilt:* Hand tack through all thicknesses along the seams of the ruffles. Use heavy-duty thread, *doubled.* A knot from time to time will add strength to these seams. ■

New Harmony
continued from page 92

universities sponsor programs that range from archeological digs to theatre, opera, dance, and music performances. Potters, weavers, and woodworkers seem to be everywhere in town, building kilns, setting up exhibits, giving and taking workshops. New Harmony's long nap is over.

For a complete schedule of events and description of unusual family vacation plans centered around theatre performances and crafts workshops, write to Historic New Harmony Inc., New Harmony, Ind. 47631; or call (812) 682-4488. For reservations for food or lodging, write to Red Geranium Enterprises, New Harmony, Ind. 47631, or call (812) 682-4431. ■


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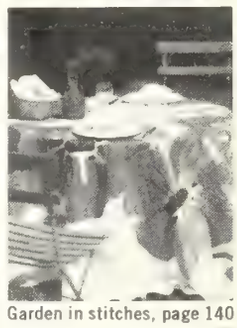
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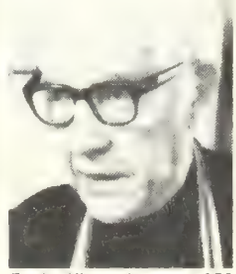
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interiors

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On the cover: A bouquet of six floral fabrics and lacy wicker for a romantic living room with piquant red-lacquered floor and Victorian touches: shirring topped curtains sprinkled with double bows, double-ruffled pillows. All the fresh cotton prints on the walls and furniture are by Laura Ashley (more about her fabrics, pages 108-111) and are ready-to-buy. Period wicker furniture at The Wicker Garden. Cocktail table from Philip Daniel. Red lacquer table, Paul Jones. Wooden mantel, William Jackson. Mirror from Stuart Greet. White cornice molding by Focal Point. Shopping information, page 166.

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Living

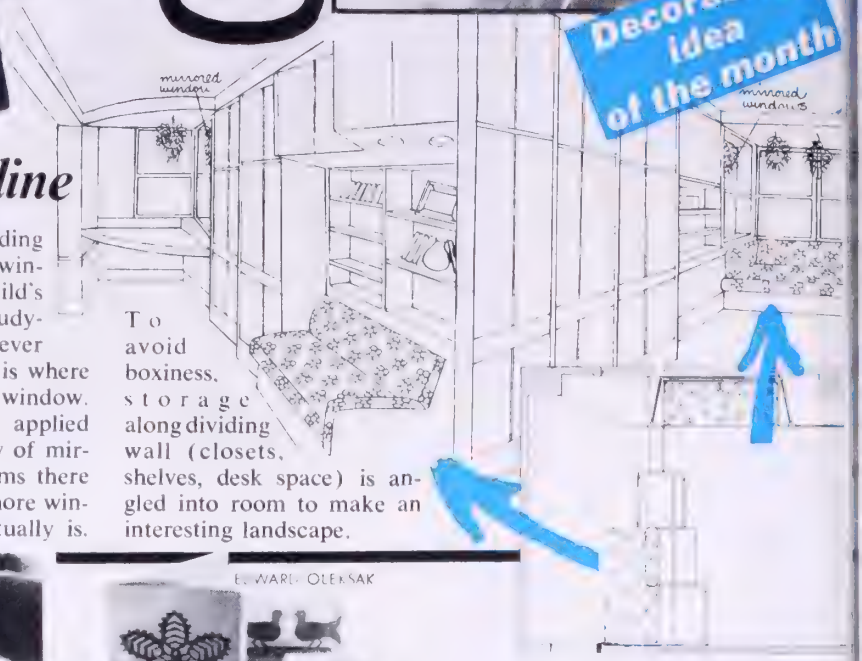
Decorating • Design • Plants
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Decorating idea of the month

Dividing line

Their family was expanding, but Bernard and Judith Green didn't want to move apartments so they divided their dining room into two. Architect Etel Thea Kramer planned the transformation: one room for the doctor's study (it doubles as a guest room) and the second room for the new baby. The original room had three sash windows. The new dividing wall leaves two windows in the child's room, one in the study-guest room. The clever part of the scheme is where the wall meets window. Here Etel Kramer applied a fake sash window of mirror, so in both rooms there appears to be lots more window than there actually is.

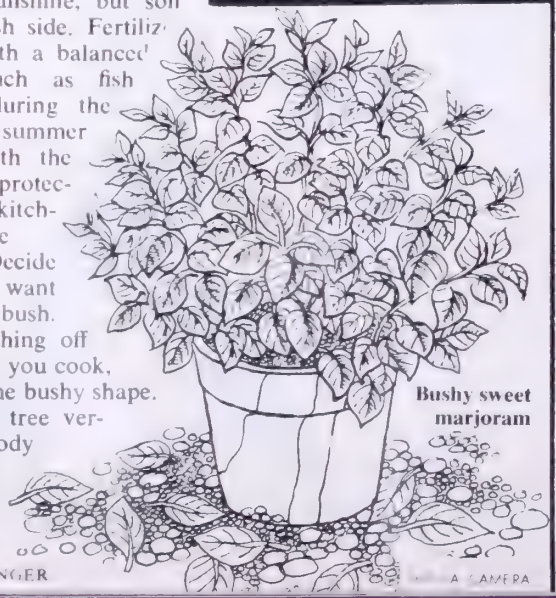


To avoid boxiness, storage along dividing wall (closets, shelves, desk space) is angled into room to make an interesting landscape.

Garden art

Making more of marjoram

Marjoram is an underused delight, which in the United States rarely makes its appearance in anything but the cavities of chickens and turkeys. In flavor somewhere between thyme and oregano, sweeter than the first and milder than the last, it can be used with enticing results in a wide variety of meat dishes as well as in oil and vinegar salad dressings. Best grown in not-too-rich potting soil, with a spoonful of lime added for sweetness, *Majorana hortensis*, the Sweet Marjoram, likes plenty of sunshine, but soil on the dryish side. Fertilize regularly with a balanced solution, such as fish emulsion, during the spring and summer months. With the frostproof protection of your kitchen, it will live for years. Decide whether you want a tree or bush. Trim everything off evenly when you cook, if you like the bushy shape. For a mini tree version, cut woody stems back, leaving an open lattice of branches.



Bushy sweet marjoram

RICHARD LANGER



EDWARD OLEKSAK

Left: Double fold cutting for a tulip card, plus a snowflake, quilt pattern for other cards by Lorraine Bodger

Paper game

With not much time and effort, you can make your own pretty cards—birthday, party, thank-you. Lorraine Bodger's new book, Paper Dreams (Universal $6.95) shows how, along with other paper and scissors ideas for boxes, books, and decorations.



Not for summer only

White-painted wicker, of course, is no longer just for summer. With it, you can create romantic garden rooms year-round. And if you buy old wicker, between 1850 and 1930, it is also a handsome investment. Values have just about doubled during the past year, says Pamela McGinley Scurry, a long-time collector, some of whose restored furniture is seen on our cover. When you start hunting for antiques, there's hardly anything you can't find in wicker—flower troughs, chairs, tables, rockers, bookshelves. Mrs. Scurry buys original pieces mostly in New England. She repairs and repaints them, and then, through her two shops, sees them off to adventurous new lives. Her Wicker Garden shops with lacquered green floors and sunshine feeling are at 1318 Madison Avenue., New York and Westhampton, Long Island.



LIVERSIDG

Pamela McGinley Scurry, right, and shop, above

MICHAEL LOVE

"I didn't do the usual Florida 'bit' with this West Palm Beach condominium. A few years ag[o] the busy owners asked me to design a haven where they could really unwind. So instead of vivid colors an[d] bold prints, I used soft, low-key tones, fresh touches of white and natural textures. And the upkeep is nil. Even after several months' absence, they can just walk in—and relax."

We at Century Furniture are very pleased that Mrs. Love, A.S.I.D., chose two of our classic Parson chairs. If you would like to see more Century furniture, including our through-the-home collections, send for our Century magazine. Enclose $3.00 with your name and address to: Century Furniture Co., P.O. Box 608, Dept. J-4, Hickory, N.C. 28601.

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Living





Young gardeners in Central Park: Elizabeth Barlow, below



Help!

Rx for parks

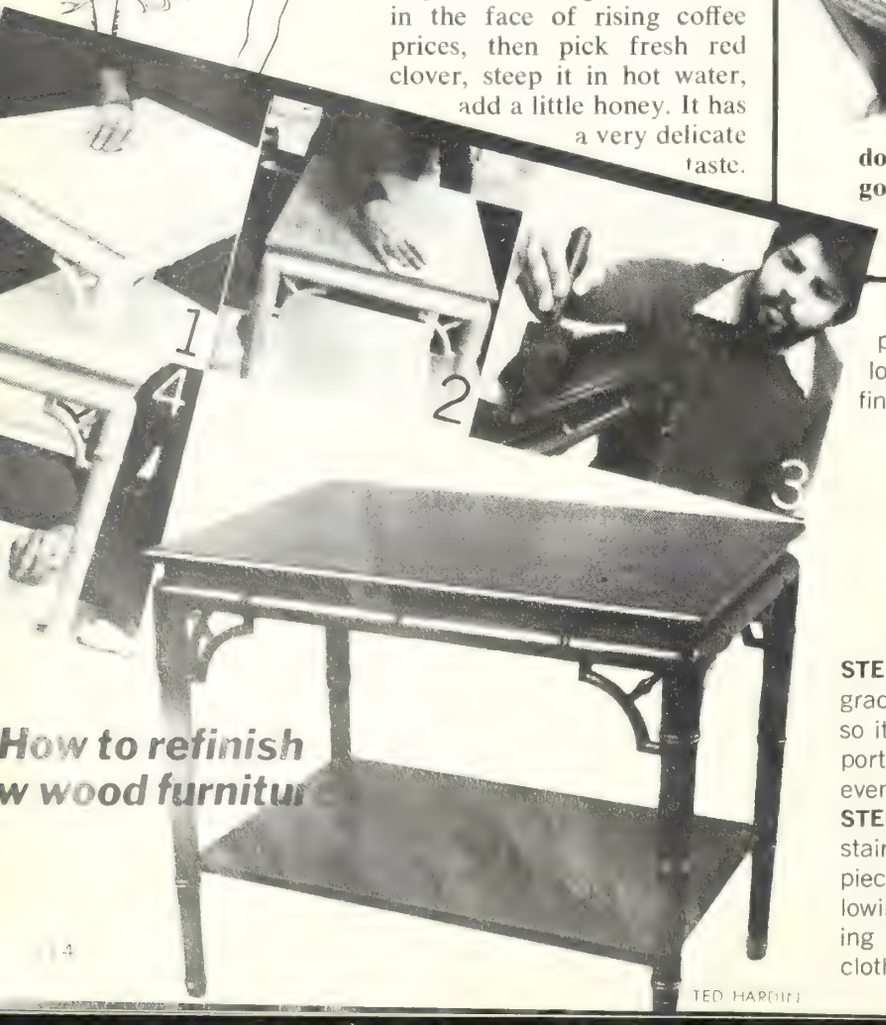
"The only way, it now seems apparent, that our parks will be saved will be through the efforts of people who care enough to do the work themselves," says Elizabeth Barlow, author, gardener, and Executive Director of the Central Park Task Force. She has set up volunteer work/study programs with twenty city schools whose students plant, weed, and spruce up the 830-acre park. An innovative summer-student-intern program that she runs with Bob Finkelstein attracts high-school youngsters, who take soil and water samples, study the geology of the park, do streambed cleaning, and log-cribbing to prevent erosion. Mrs. Barlow hopes her forthcoming *Central Park Book*, due mid-November will be a guide for any city's park programs. Write her for details at The Arsenal, 830 Fifth Avenue, New York, N.Y. 10021.



Herbalist Maida Silverman

Wild pleasures

In these days of food inflation, Maida Silverman's book *A City Herbal* (Knopf, $10; paperback $5.95) is very handy. The book lists free-for-the-picking plants found in cities that can be used in delicious breads, salads, seasonings, teas, and many other good things. Among them: Queen Anne's lace "use the seeds like caraway seeds"; melilot "delicious in a cream-cheese spread"; sorrel "good in quiche"; shepherd's purse "adds zest to salads." Says Maida, an artist and gardener, "Weeds are free food, among our most neglected treasures. And they grow all over the country, particularly in cities." If you're turning to tea now, in the face of rising coffee prices, then pick fresh red clover, steep it in hot water, add a little honey. It has a very delicate taste.



How to refinish w wood furnitur

Unfinished furniture is inexpensive and can be given the look of quality with the proper finish. Here's how. You need:

fine grade sandpaper
oil stain in desired color
shellac
denatured alcohol
#0000 steel wool
paste wax
cheesecloth
paintbrush

STEP ONE: *Preparing.* Using fine grade sandpaper, sand the piece so it's smooth and dirt free (important if the stain is to take evenly). Dust with clean cloth.

STEP TWO: *Staining.* Apply oil stain in desired color with a small piece of folded cheesecloth, following the wood grain and wiping excess with another clean cloth as you go. Dry overnight.

STEP THREE: *Protection.* To protect the piece and give it a foundation for waxing, mix a solution of orange shellac and denatured alcohol in equal parts, stirring thoroughly. Apply an even thin coat of this solution with paintbrush. Let dry overnight. Using #0000 steel wool, gently rub down piece in a back and forth motion following the wood grain. Remove coarse shine, while leaving the foundation of shellac remain. Wipe with a clean cloth.

STEP FOUR: *Waxing.* Apply paste wax with a small piece of cheesecloth covering the entire surface. When this is done, wipe very lightly with clean folded piece of cheesecloth. When the wax begins to haze, buff with cheesecloth following grain.

MICHAEL PRINCE

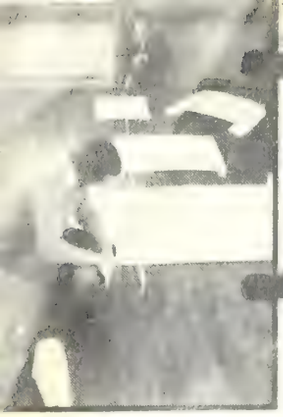
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Living



Shaker museum/park, left: Bell House, below, restored

Shakers' takers

Just five minutes from downtown Albany, N.Y., is the site of the first Shaker Community built by its religious leader Mother Anne Lee. "They" were planning to put a highway right through the middle of it. Recently, planner Peter Wolf has been waging a cliff-hanger of a campaign to save the Watervliet Shaker houses in the tiny town of Colonie. The houses have been used as apartment buildings since the 30s in an area that has little recollection of its cultural roots. The Shaker Central Ministry, the National Endowment For the Arts, the New York State Council on the Arts, and the town of Colonie are collaborating with Mr. Wolf to determine feasible uses of the property. Under the sponsorship of Shaker Heritage, Inc., these buildings will become, it's planned, a museum/park for the community. The overall target is $1.5 million for completion. Shaker Heritage now seeks federal, state, private funds to support the project. Information: Shaker Heritage, Inc., Newtonville, N.Y. 12128.

ANDREW ANKER

Departure points

Unwind on the Rhine



Castle on the Rhine

If visions of Lorelei and Lohengrin dance through your head at the word "Rhine," they should. For around almost every twist of the winding river a towering castle looms, silhouetted in splendor on a hilltop, and along the river banks you'll pass town after storybook town, pristine, immaculate, almost unreal. The fall, in grape-picking time, is a good season to visit this southwestern part of Germany. Begin your Rhine adventure with a restorative hot thermal bath at the lively spa of Weisbaden. Then from neighboring Mainz cruise upriver in one of the German Rhine Line's super-smooth boats. It costs about $24 for a full day's excursion to Cologne. Hop off at Bacharach, and explore the labyrinthine cobbled lanes of this delightful Tudor-style village. Then lunch in lofty splendor above St. Goar, a few miles north, at Burg Rheinfels, one of the many old castles recently renovated as hotels and restaurants. You'll feast on partridge, wild hare, venison, and other local game and sip the crystalline castle-bottled Riesling. This is wineland, as the rows and rows of chartreuse vines stretched along every hillside indicate. You might spend the night at "Auf Schonburg," a thousand-year-old knight's castle that overlooks the Rhine. Only 10 guest rooms, so reserve ahead. For stop-and-go flexibility, rent a car and follow the river bends to your heart's content. Special jewels along the route: Rudesheim Eltville, with a handsome castle-hotel, Schloss Reinhartshausen, Kloster Eberbach, a magnificent 12th-century monastery up in the hills, where you can savor candlelight wine tastings.

Rhineland recommendations:

Zum Schwan, Oppenheim, perhaps the best restaurant. **** Hotel Obere Linde, romantic, half-timbered, in Oberkirch. PATRICIA BROOKS

Health

Heartening feedback

If you find it difficult to follow doctor's orders to lose weight, stop smoking, cut down on fatty foods, or take medication when he says you should, to protect your heart, there is a new computer service that will help you change your habits: the Cardio-Dial system. You may ask your doctor to give a Cardio-Dial operator information about you—age, sex, blood pressure, cholesterol count. From this data the computer calculates your heart disease risk analysis—your chances of having a stroke or other cardio-vascular problems in the next 8 years. The news is relayed back in *2 minutes*. Dr. Marvin Moser of the National Heart, Lung, and Blood Institute which has assisted the CIBA Pharmaceutical Co. on this program, says: "It motivates patients. When they see their own risk factors most agree there is a strong incentive to better them." CIBA Information Services, Summit, N.J. 07901.



JAMES MATHEWS



Greenhouse windows: inside, below and out, right.

Life aloft

All across the country commercial buildings are leading second lives as living places. Super-spacious apartments, like the one here, were the result of a thunderous gas explosion that woke most of New York City's east side early one morning several years ago. The explosion funneled up the elevator shafts of a commercial loft building ripping off the building's west wall but leaving most of the building intact. The Rockrose Development Corporation bought the building and recycled it into luxury apartments. Architects Bernard Rothzeid & Partners used the generous commercial proportions of the existing space to create a variety of unusual apartments. There are 341 apartments and no two are exactly alike. In some, 11-foot ceilings allow for sleeping lofts with storage below. Windows often span the entire width of the rooms. Setbacks on the building's upper floors used for terraces and greenhouses. This recycled building—hopefully a model to inspire more in other cities—is renamed "Turtle Bay Towers."

100's smokers:

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QUESTIONS & ANSWERS



ANTIQUES

BY LOUISE ADE BOGER

Burgomaster chair



I would be interested in anything you could tell me about the style of my unusual chair. J.A.L.—Morristown, N.J.

The style of your chair derives from a characteristic chair of circular plan, first introduced in Holland about 1700 and popularly called a Burgomaster chair. Marked features of the chair are 3 oval panels in the semicircular back, a caned compass seat, and 6 stretchered legs. Your chair, of more recent manufacture, is probably of European provenance.

Candlestick classics



I would appreciate anything you can tell me about the style and background of my Gorham plated silver candlesticks. K.M.–New York, N.Y.



There is a distinctive flowing quality about your candlesticks which suggest Art Nouveau influence and a date of manufacture about the 1890s. It is a classical model in which a great many English sterling silver candlesticks were made from about 1780 to 1820, but at that time the three parts—candle socket, shaft, and base—were markedly separated. You are fortunate that the wax-pans have not been lost.

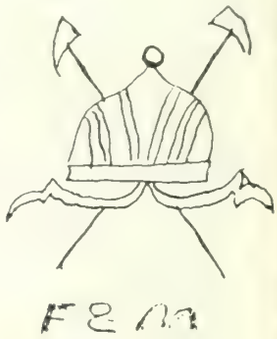
American Sèvres



The mark on our bowl has a fleur-de-lis and the word "Sèvres" on it. Does this mean it is French?
E.L.K.—Richmond, Va.

According to the mark, your footed bowl was made at the Sèvres China Factory started at East Liverpool, Ohio, in 1900. Almost the same flĕur-de-lis mark was used at the Sèvres factory in France in 1830. The fleur-de-lis (lily), a heraldic device very widely used in the armorial bearings of all countries, is especially associated with the royal house of France.

Bohemian plate mark



Can you tell from the mark where and when my plates were made?
J.B.O.—Newport, R.I.

Your plates were made at a porcelain factory started in 1802 at Pirkenhammer, Bohemia. From about 1857, the firm was operated by Fischer & Mieg—hence the distinguishing initials F & M in your mark. Your plates date before 1891. *Continued on page 22*

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continued from page 18

Parisian bébé

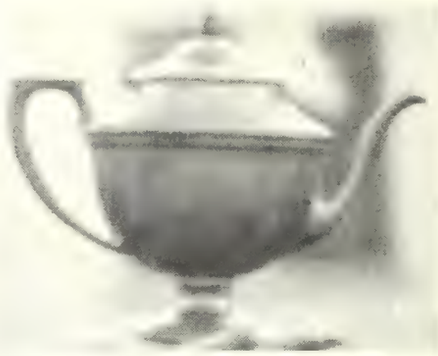


Have you any information about the maker and background of my old French doll? What do they mean by the term bébé?
V.S.M.–Mooresville, N.C.



French doll manufacturers distinguish between child or baby dolls (*bébés*) and lady dolls (*poupées*). Your doll was made by Jules Nicholas Steiner, working at Paris 1855-1891, who received a gold medal for his exhibit at the 1889 Paris Exhibition. At the same time, Steiner registered as a French trademark the girl with the French tricolor flag and the words "Le Petit Parisien." He is celebrated for his *bébés*, which are perfectly made and wonderfully lifelike. In 1890, Steiner obtained a patent for walking dolls with clockwork mechanism, which he named "Bébé Premier Pas" (Baby First Step) and "Bébé Marcheur."

Dirilyte teapot



My old teapot looks as if it is brass, but we're not sure. What do you think?
H.G.—Maryland Heights, Mo.

Your teapot is made of Dirilyte. The Dirilyte Company of America, Inc. was started in 1926 at Kokomo, Ind., under the trade name "Dirigold." The wares (hollow and flatware) are of a gold-colored, solid metal developed in Sweden. In 1937, the trade name was changed to Dirilyte, as the U.S. Patent Office objected to the original name because it implied that gold was part of the composition, while none was in it.

French faïence mark



Can you identify the mark on my old china and give me information about its manufacture and age?
T.L.P.—San Antonio, Tex.



From February 1840 to December 1876, Louis Lebeuf, Millet and Co. (LM & Cie.), were the proprietors of faïence factories located at both Criel and Montereau in Oise, a department in northern France. The pattern "Flora" was registered Aug. 11, 1876. Your mark is far from common, since it was used for only 5 months.

Louis XIV style table



What information do you have on the style and age of this table?
V.H.—Lincoln, Nebr.

Your parlor table is an elaborate version of the Revived Louis XIV style, probably dating about the 1860s. It could have been the work of a French cabinetmaker who had settled in America.

Antiqueries

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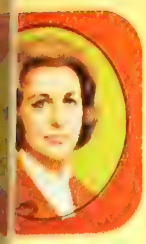


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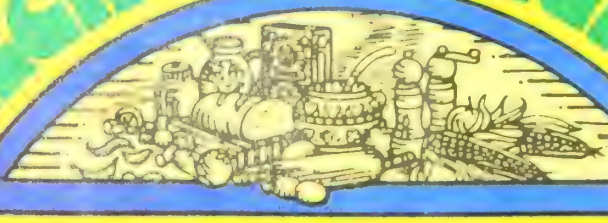


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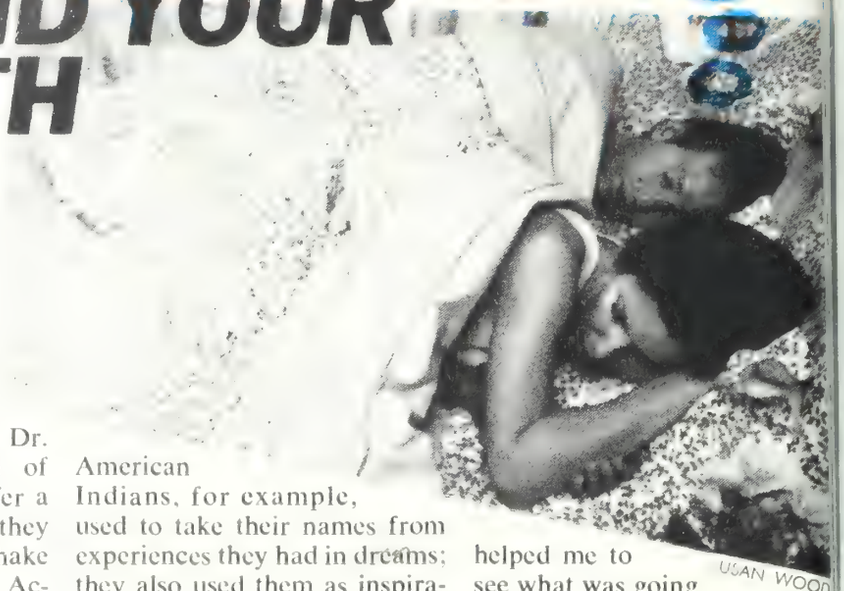
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How studying your dreams side-by-side with daily happenings can teach you more about yourself and enrich your life experience

DREAMS AND YOUR HEALTH

BY THOMAS BECKWITH



SUSAN WOOD

Thomas Beckwith studied at New York University, where he obtained a degree in Comparative Religion. Before writing this article, he kept a dream diary for a year and found it "interesting and helpful."

"The dream is a little hidden door in the innermost and most secret recesses of the psyche . . ." C.G. JUNG

While much use is made of modern psychology in everyday life, one of its fundamental premises remains neglected: Dreams are an important part of our lives and contain the key to many of our problems and hangups. It's fine for those *in analysis* to study their nonwaking meanderings, the popular opinion seems to run, but why should anyone else bother? One reason comes from Dr. Rollo May: "The value of dreams is not that they offer a specific answer but that they open up new areas . . . shake us out of customary ruts." Actually people were learning from their dreams long before Freud ever couched his first patient, and psychologists gave dream analysis credibility. American Indians, for example, used to take their names from experiences they had in dreams; they also used them as inspiration for works of art. The Senoi people in Malaysia hold informal dream seminars every morning at breakfast, where each member of the household, including the children, recalls his night's dreams. Important images are then integrated into village life.

"Dreams," confirms neurophysiologist Dr. Manfred Clynes in his new book *Sentics, the Touch of Emotions*, "provide us with a precise perspective of feeling." He goes on to explain them as "a crucial human factor in creating preverbal concepts." If you have an urge to know more about yourself and accept the idea that dreams are a valuable way of signaling thoughts from the unconscious to the conscious mind, then you can easily begin to unravel their messages.

☐ STEP NO. 1

Begin by keeping a dream diary

1 You will not only be making a record of your nonwaking experiences for study but you will also be helping to discipline your mind in dream recall. Dreams are elusive, if you don't give them concrete form in writing they can be lost forever. For this reason, keep your diary by your bed, so you can jot down mental pictures even during the night. At first I kept my dreams in a separate book from my waking diary, but then I discovered it was handy to have dreams alongside reality. It helped me to see what was going on in my life when a particular dream occurred and to notice which personalities appeared in dream sequences and ordinary face-to-face contact. For best results, remind yourself to remember dreams before you go to sleep. If you've been wrestling with a problem, try to direct your unconscious mind into giving you a solution.

☐ STEP NO. 2

Record dreams when they are fresh

2 What you do when you wake up in the morning is just as important as how you go to sleep. Don't leap out of bed with the alarm and rush into the day's activities. Wake up naturally—without an alarm if possible—and lie still for a few minutes with your eyes closed. Try to focus on any lingering dream images. Sometimes just one image will bring back a whole series of mental pictures. Once you've got the dreams set in your mind's eye, reach for your diary and write them down. If you postpone this until after your shower or shave you may find all your recollections vanished. Put them down in the order in which they occurred, but if there are any special images or events, write them out first. A lot of dreams will seem insignificant and you may not feel like bothering about them. Write them down anyway. "Dreams reflect the deeper-than-conscious goals

Continued on page 32

A DOCTOR'S TIPS FOR SOUND AND RESTFUL SLEEP

By Mary Catherine Tyson, M.D.

Do you feel you dream too often? Don't worry about it. A dreamless sleep is not a healthy one. Dreaming is an important side of the nocturnal cycle—without it sleep is not truly satisfying or restful. To ensure a proper good night's rest, the following tips should help.

DOs

Do exercise during the day, but not immediately before retiring.
Do have the bedroom at comfortable temperature and fairly dark.
Do take a small drink of milk, as the amino acid in it (tryptophan, a split product of milk protein) acts as a natural sedative and has a soporific effect. Milk at bedtime is not just an old wives' tale.
Do establish a regular bedtime routine. This may be a bath or shower, a snack, music to read by, or any nonstimulating pleasure routine that will come to mean sleep will follow.

DON'Ts

Don't go to bed after a heavy meal. The distention against the diaphragm causes pressure on the heart which can lead to irregular breathing and palpitations.
Don't go to bed hungry. You can suffer exaggerated peristalsis, increased churning about of the stomach, which when empty with nothing to do works on itself and will prevent you going to sleep. Hunger can also result in very low blood sugar, which can make you unconsciously uncomfortable.
Don't start any animated discussions or attempt to solve serious family problems just before retiring.
Don't drink coffee later than three hours before bed.
Don't take sleeping pills. Aside from the obvious dangers of addiction and over-dosage, it has been found that after two weeks or less, the body system adapts to them and you sleep just as badly or as well with or without them. Also, most of them inhibit REM (rapid eye movement) sleep, which means they prevent dreaming.
Don't drink more than a moderate amount of alcohol, because although more will put you to sleep quickly, as the effect wears off you may find yourself up and feeling very wide awake a few hours later.

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that are seeking to unfold in a person's life," explains professor, author, psychotherapist Dr. Ira Progoff, who studied with C. G. Jung. Your dream's meanings may emerge days, weeks, even months later, when seen as part of your total dream picture. They may help give you a clue to another, more powerful dream.

☐ *STEP NO. 3*
Integrate dreams into your waking life

3 Don't feel that your dreams are an isolated part of your life. They must be manipulated to "complete the circuit" in the dialogue between your unconscious and conscious minds. Treat them as messages that need special decoding. "They give guidance," Dr. Progoff explains, "as to which areas of life we should reexamine." In order to "hear" what they are saying, you must use more than your rational mind to interpret the symbols. Don't attempt to pin meaning down in a logical "if A-B, then B-C" manner. Dreams respond to a different system. They may gather significance when discussed with friends. Use your intuition and feelings in the unraveling process. How do you feel about a certain image or dream? What does the action suggest to you? Sometimes it's easy. Some dreams produce anxiety or fear, others joy or even anger. Try to investigate what *caused* these reactions. For example, an anxiety-producing dream I sometimes have is that I am taking an exam that I am totally unprepared for, or one in which the questions don't make any sense. This fear goes back to my school days and has literally *nothing* to do with my life. But my *unconscious* uses this image to communicate a feeling of helplessness and panic. When this "fear" dream comes up, I must look for a situation that produces this reaction now, in my life today.

How successful your dream interpretations are depends on how you approach the analysis. If you expect to have all the answers to your questions neatly outlined for you, then you are going to be disappointed and the dialogue will turn into a useless monologue. "We do not know in advance where dreams are taking us," Dr. Progoff observes, "just as we do not know in advance the ultimate outcome of our lives. It is always a process of discovery. What we do know is that the dream process is moving out of the seed potential of our life." Consider dreams as a means of seeing yourself and your life in a new context, to unlock inner wisdom, and you can derive great benefit from this information in every waking minute of your day. ■

For new beauty and health products in the stores, turn to page 34.

HOW TO GET THE ROOM IN YOUR MIND INTO YOUR HOUSE.

Inside your head, there's probably a room that makes you feel good just to think about it.

But, when it comes to getting that room out of your head and into your house, the going gets a little tricky.

For one thing, your room may very well be just a vaguely formed notion in the back of your mind. Nothing tangible, like chairs and tables.

So, before you can put it together, you've got to be able to see just what the pieces are.

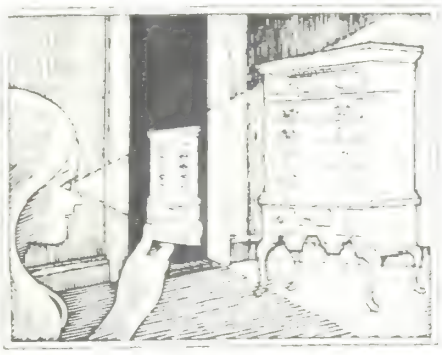


HOW TO SEE YOUR NEW ROOM, WHILE IT'S STILL YOUR OLD ONE.

For starters, take a look at yourself. Because the kinds of things you like will tell you a lot about the kind of furniture you'll like.

Take the Early American flavor of the Cherry Grove bedroom pieces in the photograph. If you're a quilts-and-antiques person, what could be more perfect?

But macrame, seashells and hanging pots of ivy would be much happier in a room full of sturdy oak furniture, such as Tanglewood.



All you need are the American Drew Furniture Fitter and a little imagination.

And then there's the next problem:

You're also going to need to be able to see how whatever furniture you like is going to look in the place you want to put it.

To help you with that, we've put together the American Drew Furniture Fitter.™ A full-color book with 40 of our most popular designs, ready to cut out. The illustration will give you an idea of how it works. And we'll send you one, if you'll send us the coupon and $2.00.

So, if that room has been inside your head for so long that it's starting to grow cobwebs, maybe it's time you were getting it out of there.

And into your house, where it really belongs.

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Do People Guess Your Age Too Easily?

You don't pretend to yourself that you still look like an untouched-by-life twenty-year-old. In fact, you and those who love you probably think you're infinitely more interesting-looking than you used to be. Experience and emotion have given you your own very special look. But it's still an unpleasant surprise if someone you've just met guesses your age too easily. Or, worse still, thinks you're older than you are.

That is definitely the moment for you to discover a secret shared by knowledgeable women from around the world, the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. This remarkable liquid is known in the United States as Oil of Olay beauty lotion.

Simply smooth Oil of Olay over your face and throat. As you watch, the precious fluid disappears into your skin, beginning to help you look younger by easing dryness. Dryness, you know, inevitably makes you appear older than necessary, because it accents little wrinkle lines. But the very first day you use Oil of Olay, those little lines can be less noticeable. People will be able to see the difference... perhaps those same people who once found it too easy to guess your age.

The skin-pampering beauty fluid penetrates your skin remarkably quickly, bringing a wealth of pure moisture, tropical oil and precious emollients that work with nature in a mysterious way. Within moments, you'll notice a radiance and lustre. Your face takes on a fresh, dewy glow... a look you might not have expected to see again.

Oil of Olay not only helps maintain your skin's moisture balance. It is also beneficial in maintaining natural moisture in your skin, letting your complexion become softer, smoother, younger looking.

When will you use Oil of Olay? Any time that your skin feels dry and you would like to increase the moisture content is an ideal time for Oil of Olay. But most devoted users like to make the beauty fluid an integral part of their beauty ritual morning and night. In the morning, fast-penetrating, non-greasy Oil of Olay is marvelous under makeup. Or if you like to let your face feel free and easy, the skin-loving liquid lets your skin live in a marvelously moist climate and imparts a natural kind of glow that some women prefer to a made-up look. At night, at bedtime, to cherish your skin into lovely hours of sleep.

Why let people guess your age too easily? Let Oil of Olay become a beautiful part of your life.

Beauty Secret

If you're going out for the evening after a tiring day, even a ten-minute soak in the tub can be relaxing and refreshing. Those private all-to-yourself moments are perfect for gentling on Oil of Olay.®

continued from page 32

Beauty and health products new this month in the stores

Two tangy new fragrances will help usher in Fall '77 to make that "Something in the air" feeling even more special: The first is called **Cabriole,** which means a series of steps in ballet that end in a graceful jump. This Cabriole is



modern and piquant, scented with roses, jasmine, and slightly spiced with sandalwood. It's not a perfume, but it is being called "More-Than-Cologne," which means it's great to use lavishly. Starting at $7.50, by *Elizabeth Arden.*

Charles of the Ritz is a classic perfume made with tuberoses, orange blossoms, and amber. There's an eau de toilette in splash or spray, too. *Charles of the Ritz* perfume, $60 an ounce; eau de toilette, from $12. At Bloomingdale's.

What's a **veggy brush**? It's a bath and body brush made with natural luffa bristles (luffa is actually from the squash family). It's one of many delightful finds to order by mail from *Anne Carpenter.* The brush has a long handle that slides off so that you can use the brush directly on heels or elbows. It's $8. Mrs. Carpenter has tracked down dozens of natural and herbal beauty helpers, some of which are soaps. **Oatmeal and Bran Complexion Soap** helps especially sensitive skins get thorough cleansing, $2.25 a bar; and **Clay, Honey, and Olive Oil Soap** deep-cleans, supplies nutrients to the skin's surface, and still manages to smell like lavender! $3.25 a 5-ounce bar. For a free catalogue, write Anne Carpenter, Route 100, Weston, Vt. 05161.

Here's help to combat the effects of summer-in-the-city air on your face: **Self-Defense** consists of a cleanser and two moisturizers for quick, efficient skin care. All three are pH-balanced for dry-normal and oily-normal skin and they're so concentrated that the *Max Factor* people are offering a money-back guarantee if they don't simplify your cleansing routine. Cleanser, $2.50, moisturizers, $3. At supermarkets and drugstores only.

Moisturizing "supplements" are the newest development in the beauty technology field. They're packed with lightweight oils, sometimes contain vitamins, and are almost always worn under your usual daily moisturizer or moisturizing

Continued on page 222

Soap and water:
Should you use it if your skin is dry?

If you've got to get your face clean but you have dry skin, you can't use soap or it will dry out even further. Right? Think again.

In the first place, many dermatologists feel there's no better cleanser for your face than soap and water. And you already know that no combination of creams and fresheners ever leave your face feeling as clean.

In the second place, it depends on the soap. Ordinary soaps are made only to "take": to take away dirt and makeup. In the process, they also take away some of your skin's natural moisture and oils, which you can't afford to lose now that you're no longer a rosy-cheeked, dewy-skinned young girl.

You need a soap with "give" as well as "take." Now there is one. New Neutrogena® Dry Skin Soap. Not only does it take away surface dirt and makeup as mildly and effectively as our regular Neutrogena® Soap. *It does more.* It gives very dry skin something it needs. *Extra protection.* An invisible layer of two emollients that stays on when the dirt rinses off. And, as you know, emollients are those wonderful substances that help skin retain moisture and act as a barrier against further moisture loss. The process is called hydrating the skin. (Instead of dehydrating, which many soaps do).

How does it work? Two special hydrating agents* have been added to the original Neutrogena formula to make new Neutrogena Dry-Skin Soap. They're very much like the ingredients in moisturizers. And that's why this new soap will immediately leave your dry skin feeling softer and smoother than you're used to with other soaps.



Give our Neutrogena Dry Skin Soap a try. You may be in for a great treat: the fresh, clean feeling of soap and water on your face, and none of the worries.

Introducing Neutrogena® Dry-Skin Soap

*Purcelline Oil Syn. and Laneth-10 Acetate,


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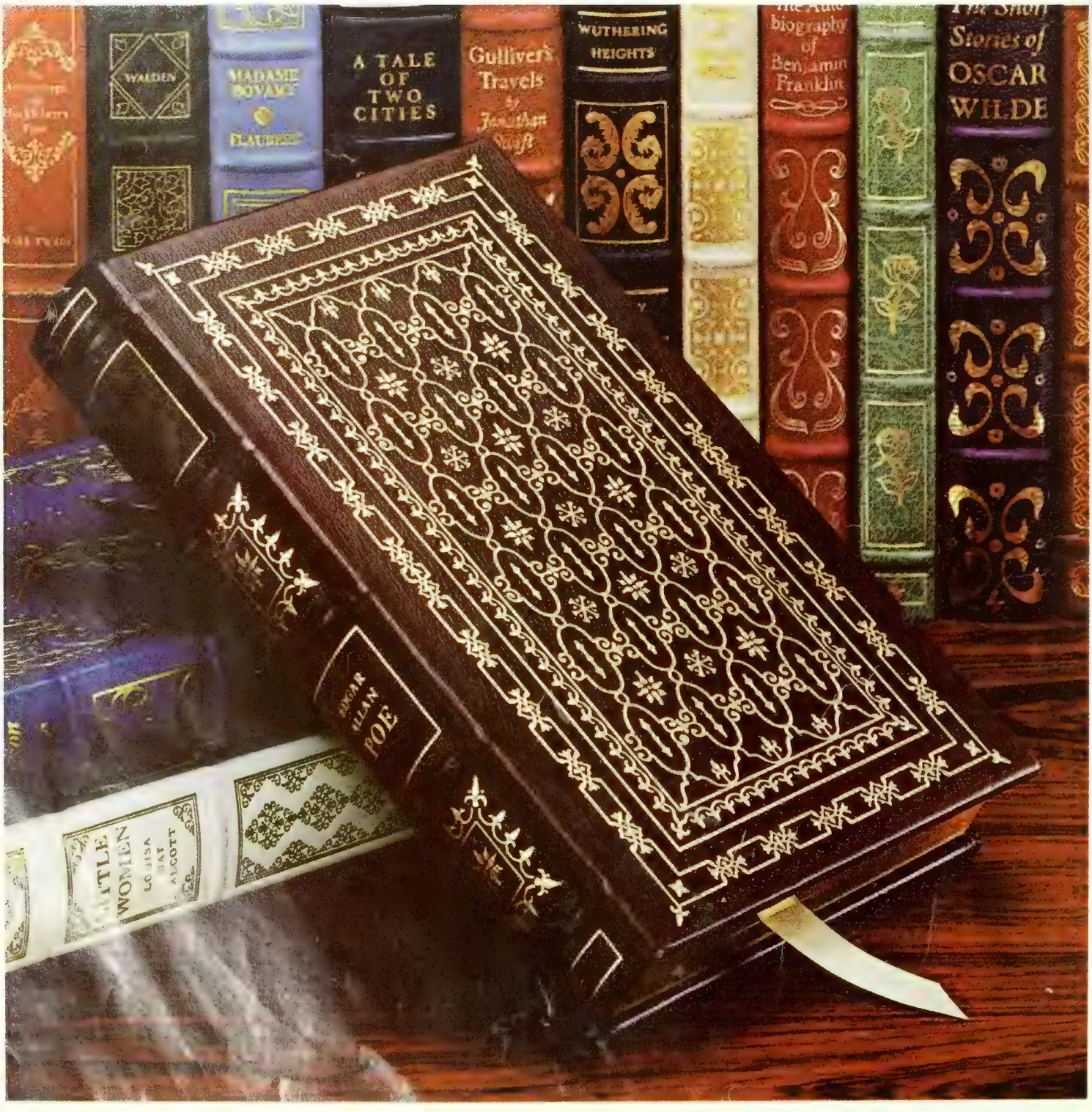

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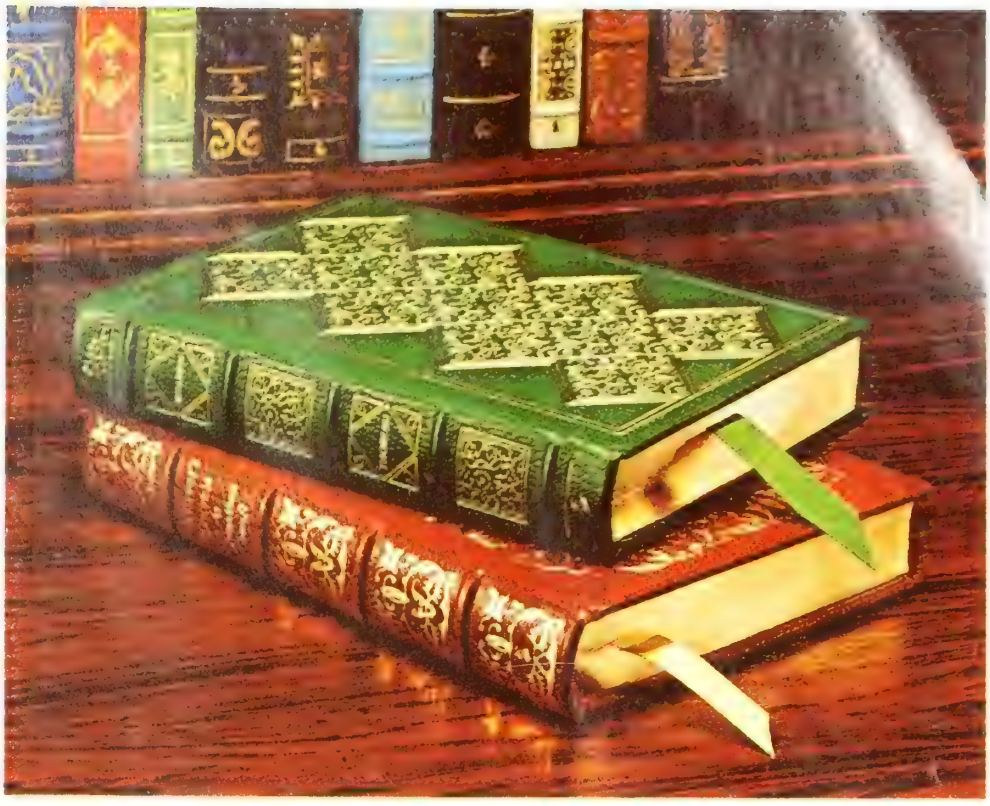
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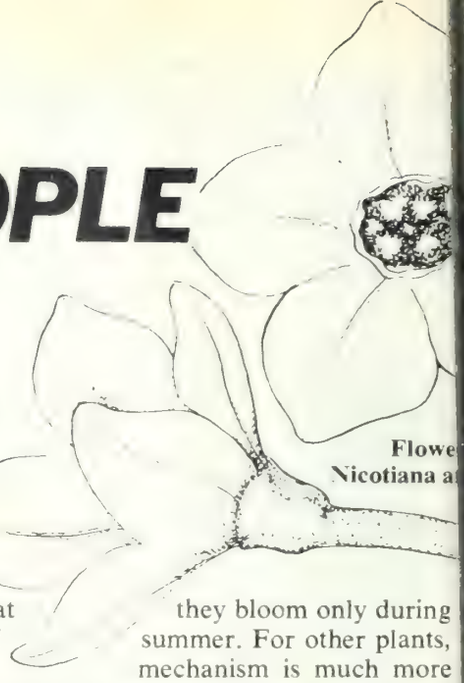
PLANTS FOR NIGHT PEOPLE

Away from the house during the day? Here are plants you should know about that will fill your rooms with fragrance in the evening

BY RICHARD LANGER



Nicotiana in room designed by Kaplan-Sandercock



Flowe
Nicotiana a

A sunny window full of colorful house plants is a true delight. But it is a delight of the daylight hours. If you're one of those who have a chance to enjoy the pleasures of your greenery only in the evenings, take heart. Just as there are night people, so there are night plants. Plants may not wear watches, but in many ways they are as time-conscious as 20th-century man. The passion flower opens at noon, the evening primrose at 6. (Actually our primroses weren't open till 5 minutes past 7, which I found rather upsetting until I realized we were on daylight-saving time and they obviously weren't.)

What causes flowers to open or to release their fragrance at a given time of day is something not fully determined yet. Some plants are keyed to the length of the days, so that they bloom only during the long warm days of summer. For other plants, however, the telling mechanism is much more complex. There is even good cause to argue that plants have an internal sense of time. Recent horticultural research bears this out. Plants raised at the South Pole on platforms rotating counter to the earth's rotation, so that they could sense neither it nor the globe's magnetic field—nor the sunset, since there isn't any down there at midsummer—still opened and closed the petals of their flowers at their regular time.

6 PLANTS THAT CREATE NIGHT FRAGRANCE

Here are six house plants that do their best for you at night, filling rooms with delicious perfume. Take **Brassavola nodosa,** the Lady of the Night, for instance. The plant is covered by striking yellowish-green to white flowers from late fall through early winter and beyond. It is a most fragrant species—but only at night. In a natural setting, the smell is there to attract insects. Since the flowers are pollinated by moths, which are around only after dusk, there's no use wasting that fragrance on daytime passers-by, and the plant doesn't. It saves it all for night people. This orchid needs night temperatures in the high 60s with days 10 degrees or so warmer. Use a humusy soil and let it go dryish between waterings. Partial sun is needed (during the day, of course).

If you're not tempted by Lady of the Night, try Queen of the Night, **Epiphyllum oxypetalum.** Blooms range from 4 to 6 inches in diameter, white with reddish edges and incredible night fragrance. Although technically a cactus, this plant is of the jungly variety and doesn't at all resemble its spiny siblings. Of particular note for night people, by the way, numerous hybrids are available. Most of them, however, have been bred to flower during the day.

Keep the Queen of the Night warm during the day but cool for the evening, particularly in the wintertime; then next-to-the-window night temperatures of 55 to 60 degrees will help foster blooming. The plant does best in a rich, constantly moist, humusy soil with a fair degree of atmospheric humidity surrounding the greenery. Fertilize heavily in spring and summer.

If one of the numerous branches of an **Epiphyllum oxypetalum** breaks off, just stick it into the soil at the base of the mother plant; it will root very quickly. It won't bloom, however, till the second or third year.

It's hard to believe that the tiny flowers of **Cestrum nocturnum,** the Night-Jessamine, can fill the air as completely as they do with their delightful fragrance. The creamy white trumpetlike flowers are almost insignificant, yet they can fill several rooms with their evening scent. The plant needs as much sun as you can give it, loamy moist soil, and a moist atmosphere. The best place of all for Night-Jessamine is a heated sun porch, not only because it takes a lot of daytime solar energy to produce that powerful nighttime perfume, but because, unless you keep pruning, the plant will grow into a fair-sized bush.

Gardenias are almost impossible to grow successfully under the usual house conditions. But **Ervatamia coronaria,** the Crape Jasmine, looks quite similar, if more diminutive, and is delightfully fragrant. Like Night-Jessamine, it grows into a fair-sized bush, given a warm, sunny location and rich, well-watered soil. If you live in an area where the mercury doesn't dip below 60 in the summertime, you can set the ersatz gardenia outside for the season. It will surround a whole moonlit patio with its romantic fragrance.

While on the subject of jasmines that aren't jasmines, consider **Nicotiana affinis,** the Jasmine Tobacco. Its highly perfumed trumpetlike flowers are night fragrant and almost

Continued on page 222

Plants by mail

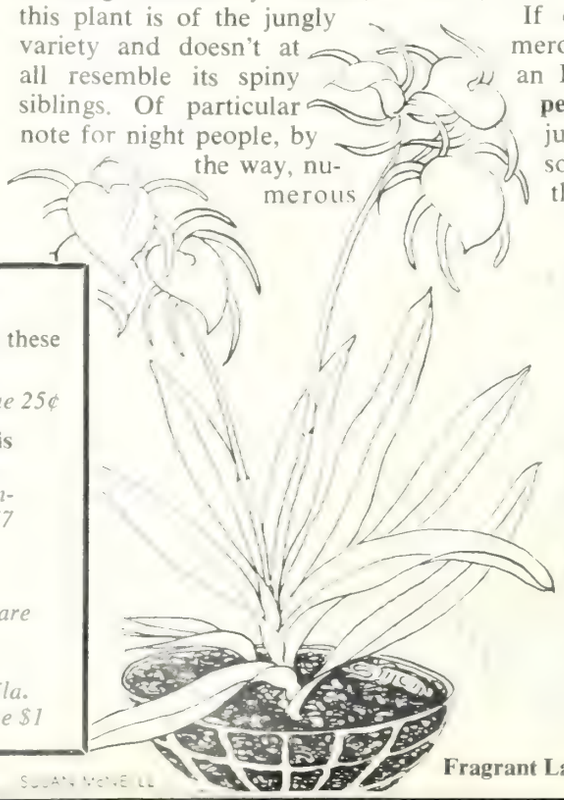
Lest night people have trouble finding these fragrant exotics, they are available at:

Brassavola nodosa, Cestrum nocturnum, Ervatamia coronaria
Edelweiss Gardens 54 Robb-Allentown Road, Robbinsville, N.J. 08691 catalogue 50¢

Epiphyllum oxypetalum
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Geo. W. Park Seed Co., Greenwood, S.C 29647

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SHOULD YOU PUT YOUR MONEY ON THE SUN?

Questions you should ask yourself before deciding to invest in solar energy, a report on two recent studies of solar costs in different parts of the country, plus tips on how to proceed if you do decide to go solar



BY PAUL GROSS

It's enough to make even a stoic homeowner shiver. But the cold, hard truth of the matter is that energy costs have nowhere to go but up—and fairly substantially at that. What's worse, the weather isn't going to help us out either. Those nice, mild winters that helped ease the sting when fuel prices started to soar a few years ago were an aberration. That's not likely to reoccur any time soon. Quite the contrary—you can expect steadily colder winters. According to meteorologists, we're now entering another ice age. But don't panic! Scientists calculate that it will take 10,000 years to hit the bottom of this ice-age cycle.

Besides, there are some things that you can do to cut your energy costs by 40 percent or more. And as fuel prices keep rising, the savings from these energy conservation measures will be even greater. Finally, any steps you take to reduce energy costs will enhance the market value of your house significantly. People are willing to pay a premium for energy-efficient homes—especially after the severity of last winter, when many homeowners found their monthly heating and utility bills were higher than their mortgage payments.

Solar energy

Solar energy is hot today. It's the brightest star on almost everybody's list of ways to cut energy costs. And that's the problem. While there's no doubt that solar energy can reduce costs substantially, some of the claims being made for it just don't hold up. Moreover, the weather and utility rates in the area in which you live play a large part in determining how cost effective solar energy will be for you.

The higher your fuel or utility bills are, the more sense solar energy makes.

Continued on page 46

Buyer's check list for solar systems

- **Get the advice of an independent contractor or engineer.** While this will cost you a little money, an engineer or contracor can tell you if your present system is compatible with a solar system. If it isn't, you'll have the additional expense—which can be major—of replacing your current system. An independent expert can also save you money by checking out how much insulation your house has. If the house is well insulated, you can probably use a smaller solar energy unit than you thought.
- **Shop around.** Compare systems, performance, warranties, and costs. Keep in mind, however, that in solar energy, as in most areas, you get what you pay for. For example, copper tubing is more expensive than aluminum, but copper lasts far longer. By the same token, get an accurate fix on operating and maintenance costs. Have your independent expert verify them for you.
- **Ask to see independent test findings** or the National Bureau of Standards efficiency curve for the system. Many have them; some are still being tested. If there's none, find out why.
- **Check the solar power firm out** with the Better Business Bureau, Chamber of Commerce, and any state authorities that might exist in your state. Florida, for example, has a state agency that now grants a seal of approval to solar energy units it has tested to its satisfaction.
- **Ask to see the manufacturer's product liability policy.** If a manufacturer can't get the policy, it probably means that there's something wrong with the system.
- **Ask your attorney to go over the sales contract and warranty.** The warranty should cover labor and parts and last at least one year.
- **Make sure that all costs are covered**—and get it in writing. Also, find out if your deposit will go into an escrow account. Demand is so great that it may take some time for the solar power unit to be installed. In the meantime, you want to be sure that your money will be safe.



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Almadén

Your money on the sun
continued from page 44

However, do keep in mind that solar energy will not completely replace your current system, it only supplements it. One impartial expert thinks that you would do well to supplement half the conventional energy you now use with solar energy.

As a rough rule of thumb, you can figure that the higher your current fuel and utility costs are, the more sense solar energy makes—especially since these costs will undoubtedly continue to rise for some time to come. As if they haven't risen enough already. According to the Institute for Real Estate Management, utility bills jumped 48 percent and heating fuel costs shot up by an astounding 98 percent between 1973 and 1975.

For most homeowners, a solar hot-water heater is a safer bet than a solar furnace—which is a fairly recent development. And with good reason. The technology of solar hot-water heaters, which have been around since the 1930s, is fairly well advanced. Moreover, solar water heaters are much simpler and less expensive than solar furnaces. (Solar hot-water heaters cost between $1,500 and $3,000 to buy and install.)

Even so, some of the claims made for these units have recently been vociferously disputed. For example, the New England Electric System, which tested units in 200 homes, found that the cost of the units was greater than estimated and that the actual savings were lower than the manufacturers had claimed. The utility found that the cost of the heaters ranged between $1,365 and $2,950 as opposed to $1,000 to $1,700 estimated by the manufacturers. More importantly, the energy saved by the units averaged between 20 to 24 percent as against the 40 to 60 percent savings promised by the manufacturers. (By the way, the cost of heating water accounts for about 20 percent of your fuel bill if you use gas or oil and as much as 60 percent of your bill if it's an electric heater.)

New England Electric figures that, based on the results it got, solar hot-water heaters won't pay for themselves in savings for 18 to 20 years. The industry had claimed that it would take only 6 or 7 years for the units to pay for themselves in savings. However, some solar energy experts are quick to point out that the results New England Electric came up with are not that typical. For one thing, they point out that it was the first time most plumbers had installed a solar system, and there were many problems. (Manufacturers' estimates were for "normal" installation costs.) For another thing, they point out that solar energy is just not as effective in the Northeast as it is in summeryer parts of the country. Some are a bit suspicious about the finding because the test was conducted by a utility, which might ultimately lose business if solar energy became widely used, but most feel it was a fair test, given the above limitations.

However, according to the METREK Division of the MITRE Corporation, which conducted a fairly well-publicized study of solar energy effectiveness in 13 cities around the country, solar energy is competitive with conventional energy sources now. A finding that contradicts the experience of New England Electric Systems.

MITRE found that over the 20-year life span of a solar water-heating system, solar would be cheaper than oil and gas if the solar panels cost $20 per square foot. If the panels cost $15 per square foot, solar would be cheaper than oil and electricity in 12 of the 13 cities. And at $10 per square foot, solar beat everything including natural gas in all of the cities surveyed.

A combined solar heating and hot-water system at $20 per square foot of collector panel was cheaper over 20 years than electric resistive heating in 12 of the 13 cities. It was also cheaper than an electric pump and oil in 5 of the cities, but never cheaper than natural gas. At $15 per square foot, solar was cheaper than an electric heat pump in all but 3 cities, and cheaper than oil in every city but one. At $10 per square foot of collector panel and based on the estimated cost of fuel in 1980, solar heating and water systems would be cheaper than all of the conventional energy systems in all of the cities except Seattle. Electric heat pumps would be cheaper in Seattle because the cost of electricity is so low there.

Putting a solar heating system into an existing home is a much more complicated and expensive undertaking. It costs $3,500 and up to buy and install a solar furnace capable of heating a conventional house. Your house's roof and windows may face in the wrong direction for the solar collectors to work at maximum efficiency. However, there is a free-standing solar furnace that can be installed in your backyard instead of on your roof. Called the Sungazer Solar Furnace, it is designed by Solar-Thermics, Inc., in Nederland, Colo.

Now all this is well and good, but the question still remains: Is solar energy something you should consider? And that, unfortunately, is something you have to decide for yourself. What makes solar energy so tricky to discuss intelligently is that almost every situation is unique. Consider the variables: the size and shape of your house, the compatibility of your present energy system with a solar system, insulation, the interest rate on the loan you can get to buy the system, the cost of the unit you're thinking of buying, the cost of conventional energy, weather conditions in your area.

Generally speaking, the colder and longer the winters, the more sense solar energy makes. However, there are some little-known kinks you should know

Continued on page 48

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Your money on the sun
continued from page 46

about. For example, solar energy collectors are about 80 percent effective in collecting energy even on cloudy days—as long as they are high, thin clouds. However, wind-chill can reduce the effectiveness of a solar collector dramatically. And most importantly of all, a solar system makes no sense at all if your house is not adequately insulated.

Fortunately, there are ways of getting the information you need. If you would like to know more about solar energy and its applicability in your area, write the National Solar Heating and Cooling Information Center, P.O. Box 1607, Rockville, Md. 20850 which was recently established by the Department of Housing and Urban Development and the Energy Research and Development Administration. The center, which has a computerized data bank, can tell you the location of solar homes in your area, the names of contractors, architects, and lenders who are familiar with solar energy; and the names of solar hardware manufacturers. The center will also provide you with the technical information.

The more information you can gather, the better off you'll be. This is a truly complex field. See page 94 for a list of books and articles. Also, you'd be wise to talk to some of the people who have installed solar energy systems in their houses. Chances are that they'll be delighted to talk to you. They probably think of themselves as pioneers with a wonderful new gadget. What's more, they'll probably be very frank with you. If they like their system, they'll tell you that and why. If they don't, well, you'll know which systems to shy away from.

Once you have a handle on what solar energy can do for you in your area, talk to local lenders who have some familiarity with solar energy systems. They can give you a lead on costs and savings. Moreover, they can be used to double check the information you've gleaned from solar energy users in your area.

Basically, there are two criteria for judging the cost effectiveness of a solar energy system: (1) years to positive savings, and (2) years to pay off. Years to positive savings simply shows when a solar system starts saving you money. Years to pay off will show when the savings from a solar energy system pays for itself. For example, let's say that it will cost you a total of $13,000 to put in a solar heating and hot-water system. That includes everything—even the interest on the loan needed to buy the system. Now assume that the solar system saves you $1,200 a year in fuel bills. If that's the case, the system will pay for itself in at least 10 years.

A final note: If you do decide to install a solar energy system, ask your agent if it will be covered under your homeowner's insurance policy. If it won't, you might consider looking for another homeowner's insurance policy. ■

Why most draperies look better in magazine pictures than they do in your home.

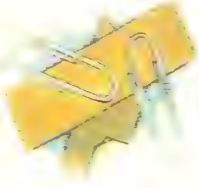
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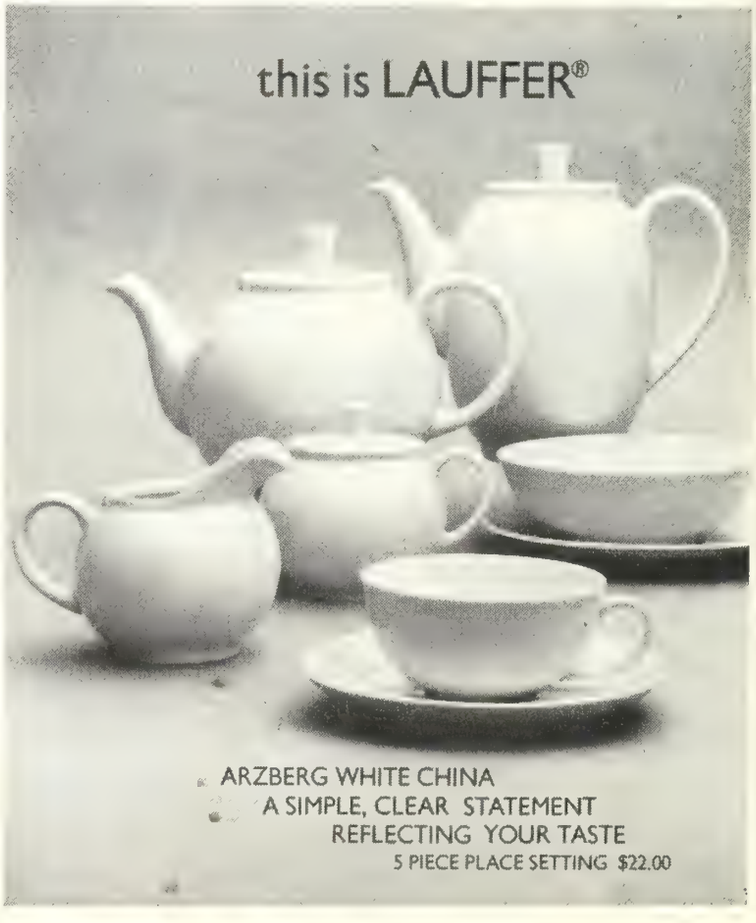
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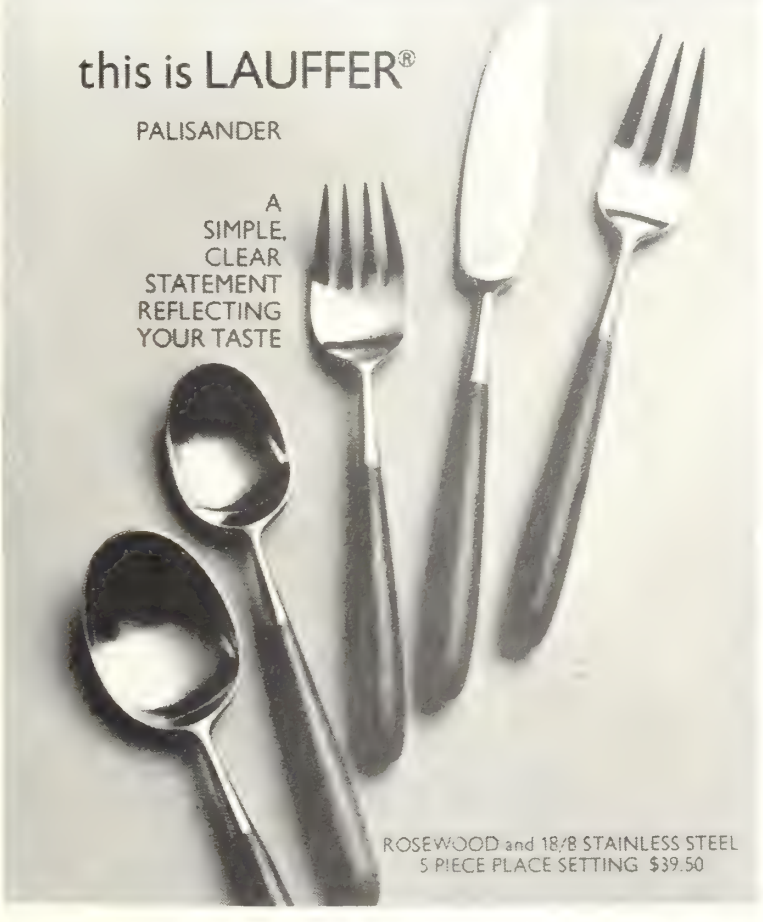
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Continued on page 54

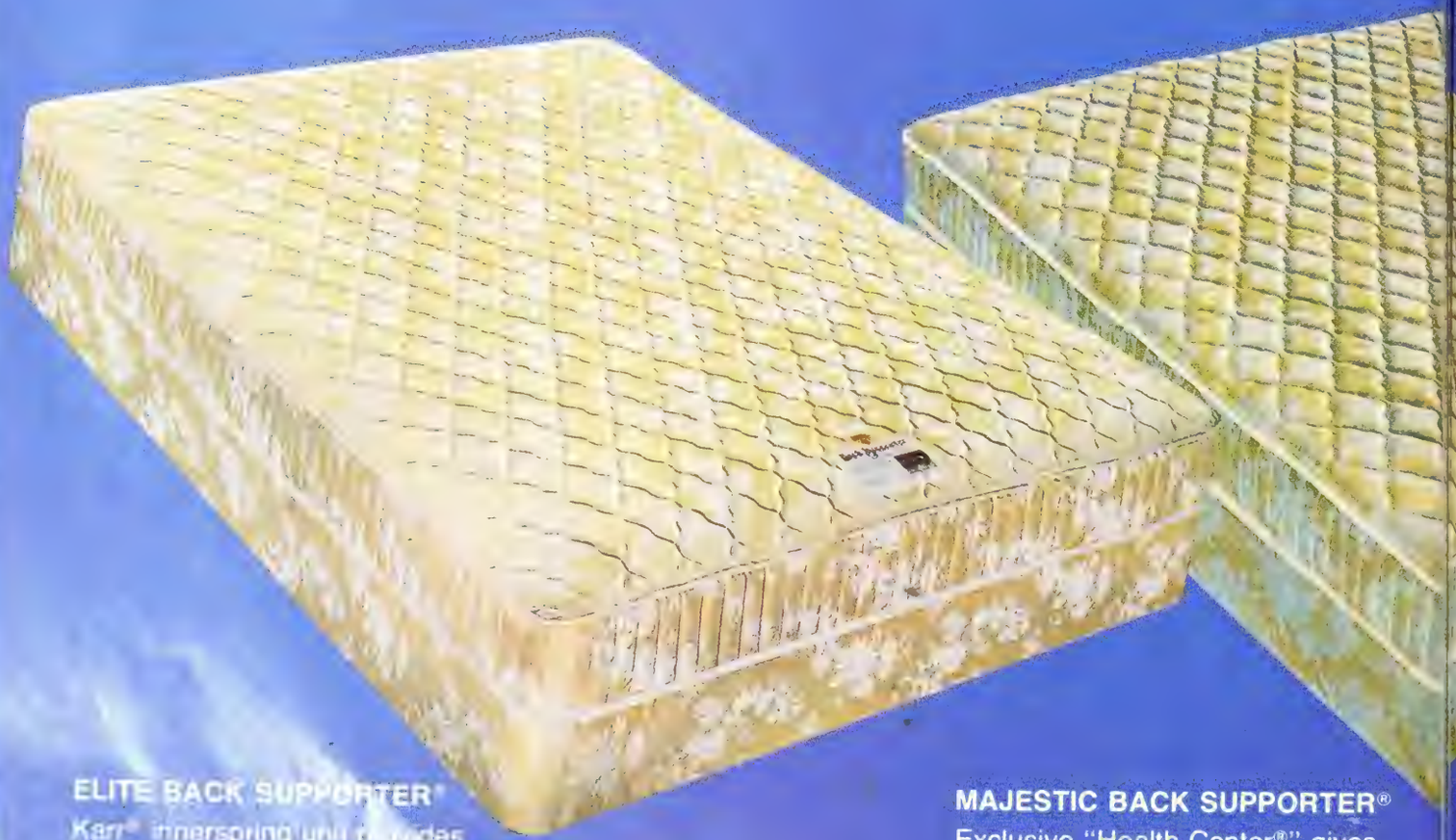
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ROSEVILLE Millers Furniture
SACRAMENTO Dales Carpet Service
G & W Builder Supply
H W Rivett Co
SALINAS Monterey Co Linoleum & Carpet
SAN CARLOS San Carlos Paint
SAN FRANCISCO Apolos Carpet
Armstrong Carpet
World of Carpets
SAN JOSE Blossom Valley Interiors
Harry L Murphy
SAN PABLO Pat's Floor Covering
SANTA CLARA Priest Floor Covering
SANTA CRUZ Habers Furniture
SANTA MARIA Walter Carpets
SANTA PAULA Immanuels
SANTA ROSA Golden West Store
Grossman & Holly Floor Covering
Guanella Bros Floor Covering
Superior Home Center
SARATOGA Reed's Carpet Inc
SEBASTOPOL Boyd's Floor Covering
Paint & Paper
SIMI VALLEY D & A Dardsley Carpet Mart
SONOMA Downey's Floor Covering
SUNNYVALE Townsent Floor Co
THOUSAND OAKS Furnishings Unlimited
Leonard Goodman
TORRANCE Sinbad Carpets
TURLOCK Don's Floor Covering
Turlock Floor Covering
UKIAH Crown Interiors
VACAVILLE Vaca Home Interiors
WALNUT CREEK Tile Town
WATSONVILLE Chas Ford Co
WILLITS Cash Carpets
WOODLAND Woodland Furniture
YUBA CITY Twin Cities Floor Co
YUCAIPA Marvins Carpets

HAWAII
HONOLULU Wrights Carpets

NEW MEXICO
ALAMAGORDO Sheffield Carpet
ALBUQUERQUE The Broadway
CARLSBAD Calvani's
CLOVIS McDaniel, Inc
FARMINGTON Farmington Floor Covering
Royal Floor Co
ROSWELL Colony House
Roswell Home Furniture



FUEL-SAVING CARS FOR 1978

BY RICHARD AND JEAN TAYLOR

An up-to-date report on nine new efficiency cars that are also comfortable

EDITOR'S NOTE: *Richard Taylor is the former Managing Editor of* Car and Driver *and has been driving and testing new cars for six years. He is a graduate of Bob Bondurant's School of High Performance Driving, California, and of Mosport Racing School in Toronto, Canada. He and his wife Jean have collaborated on nine automobile books and raced motorcycles together (she was the crew chief). Both are intensely interested in mechanics. They own four cars—two, a 1957 Nomad Chevrolet and a 1958 Devin sports racer, are collector's items.*

Just because a car can deliver better than 20 miles per gallon doesn't mean it *has* to be small and uncomfortable. Already nine different manufacturers—Audi, BMW, Cadillac, Chrysler, Jaguar, Lincoln, Mercedes-Benz, Peugeot, and Volvo—have designed stylish luxury cars that are conscientiously economical. All of these comfortable, 4-passenger efficiency cars are remarkably similar in size, weight, and performance. But, of course, there are differences. They come from five different countries, have prices ranging from $6,000 to $17,000. The largest engine (in the Lincoln Versailles) is two-and-a-half times the size of the smallest engine (in the Audi 5000). Each of these nine models comes with automatic transmission, power brakes and steering, air conditioning, and cruise control, often as standard equipment. In addition, the Audi, BMW, and Peugeot are available with a 4-speed manual transmission, while Volvo offers an overdrive 5-speed. Two—Volvo and Chrysler—are available as station wagons. All have radial tires, disc brakes, and heavy-duty suspension.

Easy to park, neat on the road, in their roomy interiors you will find reclining bucket seats or "split bench" individual seats, with real leather upholstery standard or available. Only one is without that extrasensuous addition, the sunroof—Jaguar. So much for the qualities and similarities of these well-built, comfortable models. When you're buying, you should be aware that each has a characteristic "feel," from uninhibitedly sporty to safe and practical. Here are the individual driving reports. All mileage figures are Environmental Protection Agency ratings. *(Note: next month the Taylors will review the economy baby cars.)*

AUDI 5000C

Base price: $9,000 approx. Length: 15.8 ft. Engine: Inline-Five, 130hp, 18 mpg city, 25 mpg highway. Warranty: 12 months 20,000 miles. Dealers: 424.

Richard's comments: Smallest and light-

Continued on next page

8 questions you should ask before you buy a new car

1. What do I need? Sedan, station wagon, sports car? Decide before you visit dealers.

2. What's available? Car magazine Buyers Guides at the library help you compare.

3. How much can I afford? Minimum price—including everything—is $4,000; average, $6,000. The Department of Transportation estimates $1,500 annual operating expenses for gas, oil, maintenance, and insurance.

4. How shall I pay? Cash costs less. If possible, arrange loans *before* you shop—this keeps you from spending more than you have—and finance payments through a nonprofit credit union or bank.

5. What options shall I have? Manual transmission saves five mpg, overdrive even more. Disc brakes, heavy-duty suspension, radial tires are safety necessities and cheaper in the long run. Air conditioning is expensive, wastes gasoline, overstresses small engines, though most people demand it. Skip it if you can. Also vinyl roofs, tape stripes, and other unnecessary gimmicks.

6. What color shall I choose? Light colors are cooler in summer and more visible to other drivers. Safest are white, yellow, orange.

7. Should I trade in my old car? You can usually get more by selling it yourself. The dealer can only afford to give you its depreciated wholesale value, or there's no profit to him.

8. How long should I keep it? The Department of Transportation suggests you drive your car for at least 100,000 miles to get your money's worth.



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Mirror is doing!

8350-700 party table in chromed steel with glass top. 29 high x 48 rd., about $275. 8270 matching chairs in either rust velvet or beige, about $110 each.

Easy to decorate, easy to clean, easy to buy! That's the graceful Asteroid party table and chairs in bright, bold chromed steel. From Bassett Mirror's breathtaking array of decorator mirrors, glass and chromed tables, chairs, etageres, tea carts, upholstered and conversation pieces, now on display at leading furniture and department stores, coast to coast. For "Instant Decorating Ideas"—a colorful 40-page book by Pat Guinan, famed decorating authority—send $1 to Bassett Mirror Co., Inc., Bassett, Va. 24055.





THOMASTON MILLS
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Thomaston now introduces a new beauty treatment for the bedroom.

Coordinated pillowcases, sheets, quilted bedspreads and drapes—all blend to match your room's personality as well as its coloring.

You'll find all your favorite patterns and shades, so you can change the look of your room as easily as you change lipsticks.

Good Housekeeping
A LIMITED WARRANTY TO CONSUMERS
REPLACEMENT OR REFUND IF DEFECTIVE

continued from preceding page

est of all these comfortable cars, the Audi is also the most economical in gas consumption. Mechanically, it's fascinating because it contains the world's first production gasoline engine with five cylinders. This remarkable design by Porsche's chief engineer Ferdinand Piech has a very smooth feel. With plump, comfortable bucket seats, clean, squared-off styling, the car seems much larger than it is.

Jean's comments: Richard drove the first Audi 5000C in America at a special preview, so I haven't actually been at the wheel. But this new Audi seems bigger.

BMW 530I

Base price: $12,495. Length: 15.8 ft. Engine: Inline-Six, 176 hp. 15 mpg city, 23 mpg, highway. Warranty: 12 months unlimited mileage. Dealers: 297.

Richard's comments: This model is the nearest thing to a sports car with four doors. Beneath BMW's understated sedan body hides a stiff, fully independent suspension, four huge disc brakes, a responsive fuel-injected engine and a slick 4-speed transmission, all working together in perfect balance. Point to point, you can cover ground over good roads or bad unbelievably quickly in this car, but still in comfort and safety. With a low beltline, large windows and sloping hood, it feels small. It's definitely your choice in a medium-price sedan if you value performance over opulence.

Jean's comments: Driving this BMW is fun. The front seats adjust three ways and recline and the steering wheel adjusts in and out. So even a 5-foot-3-inch person like me can find a comfortable position.

CADILLAC SEVILLE

Base price: $13,359. Length: 17 ft. Engine: V-8, 180 hp. 14 mpg city, 19 mpg highway. Warranty: 12 months/12,000 miles. Dealers 1610.

Richard's comments: Stately and formal, but easygoing and fun, the Seville has a long, high hood, small windows and a boxy roof, all rather reminiscent of classic limousines of the 30s. But underneath, it's as up-to-date as any car, with four-wheel disc brakes, fuel-injection, and a suspension that automatically adjusts for heavy loads.

Jean's comments: Over half of all Sevilles are actually ordered by women. By Detroit standards, this is a woman's car, so you get a choice of 21 exterior paints and 8 interior colors. And what attention to detail! The seat-belt warning is a pleasant bell, electric seat-adjuster buttons are on the driver's armrest. Aircraft-type reading lights for the back-seat passengers are standard.

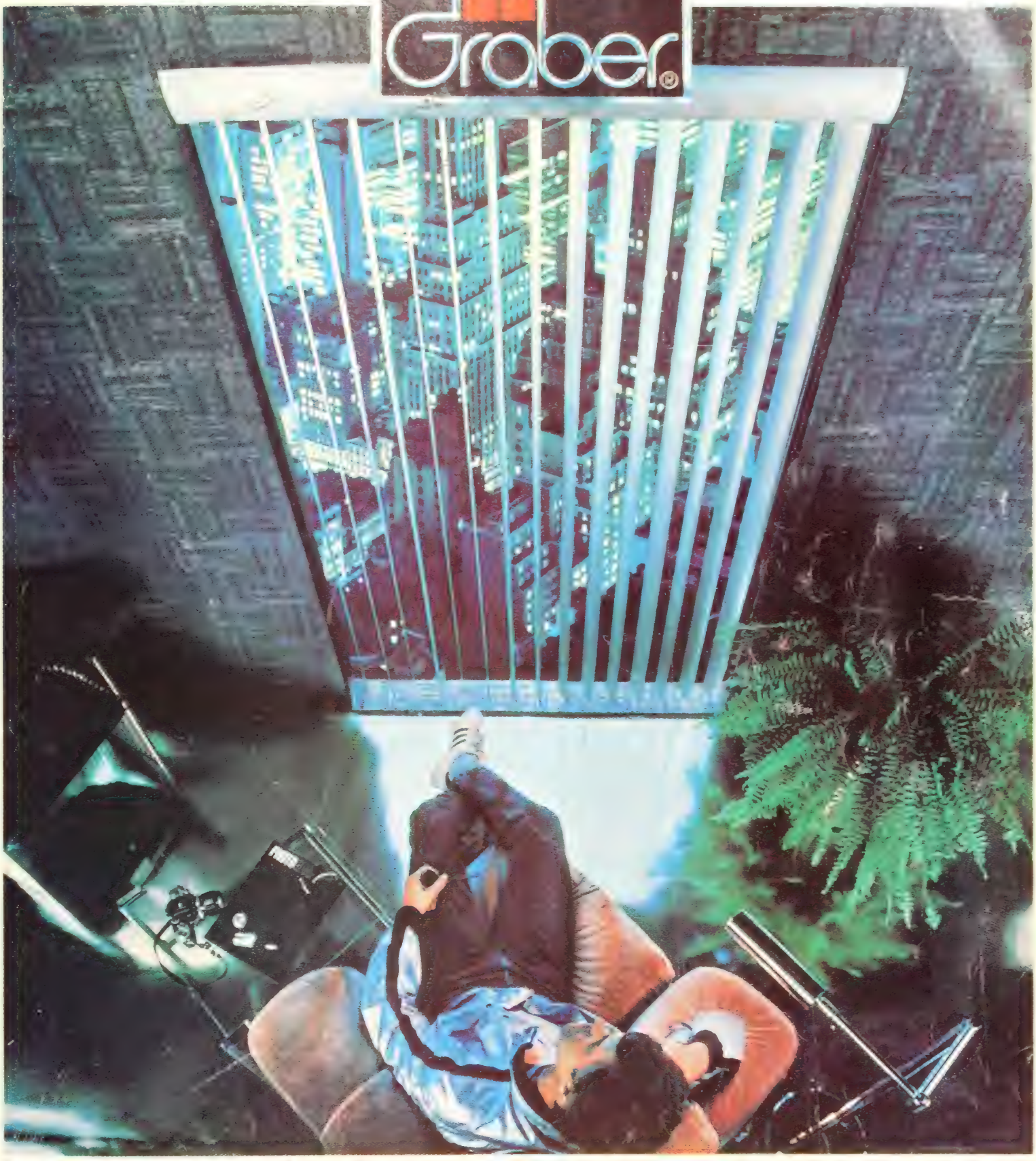
CHRYSLER LEBARON MEDALLION

Base price: $5,594. Length: 17.2 ft. Engine: V-8. 145 hp. 15 mpg city. 20 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2643

Continued on page 60

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Graber

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continued from page 58

Richard's comments: Engineered from proven components, the LeBaron rides well and, for typical American driving conditions, it's as capable as cars costing twice the price. Even when you load it with every conceivable extra, you'd have to work hard to spend more than $8,000. It offers incredible value for money.

Jean's comments: The LeBaron isn't as fancy as some cars, but it has some nice interior details—such as grab handles over each door and a digital clock. Really, you can get anything you want on the LeBaron for not very much money.

JAGUAR XJ-6L

Base price: $16,500. Length: 16.7 ft. Engine: Inline-Six, 162 hp. 13 mpg city, 18 mpg, highway. Warranty: 12 months/unlimited mileage. Dealers: 287.

Richard's comments: There are few cars in the world that have the Jaguar's incredible balance. From big things like four-wheel disc brakes and all-independent suspension, to small things like a vanity mirror hidden in the glovebox, this car is thoughtfully engineered. Amazingly, though, it was designed over ten years ago. Still there are people who consistently rate this car above all other sedans. They argue that Jaguar's traditional feel is the hallmark of elegance, and that quality never goes out of style.

Jean's comments: You can't help being impressed with the Jaguar. All equipment is standard—AM/FM radio, electric windows and door locks, leather bucket seats, walnut dash panel. Each seat-belt shoulder strap attaches to the side pillar next to your shoulder, not next to your neck. A small difference, yet an important one for comfort.

LINCOLN VERSAILLES

Base price: $11,500. Length: 16.7 ft. Engine: V-8, 135 hp. 15 mpg city, 20 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 2000.

Richard's comments: You will have a hard time telling a Versailles from a full-size Lincoln or Continental Mark V unless you see them side by side. There are the same vertical grille and long hood at the front, the same embossed spare-tire cover decorating the trunk. This "big car" feel is more than skin deep. The Versailles drives just like any big Lincoln—comparable to sitting in an overstuffed sofa with never a noise, bump, or pothole to disturb the journey. For luxury-car people who find it hard to trade down to a more economical model, the Versailles provides the perfect transition.

Jean's comments: I'm told there are over 100 pounds of extra sound deadener in this car, and even a special rubber insulator on the accelerator cable to keep out engine noise. The Versailles is indeed quiet. As for color, the selection is enormous, even the upholstery comes two-tone, blue, red, or tan with white trim.

MERCEDES-BENZ 280E

Base price: $16,161. Length: 15.9 ft. Engine: Inline-Six, 145 hp. 15 mpg city, 20 mpg. highway. Warranty coverage: 24 months/24,000 miles. Dealers: 409.

Richard's comments: Superbly engineered, this Mercedes is one of those cars you feel you could drive forever and never stop. Function and quality of materials were obviously first priority to the designers and the attention to the driver's controls is fantastic. White-on-black instruments, for example, with orange needles positioned right below your line of vision, a separate stalk for the cruise control, a large padded steering wheel.

Jean's comments: With a short turning radius, this car is especially easy to park, and solid as a Deutschmark. The doors make an impressive "whumph." It corners easily and never leans or dips.

PEUGEOT 604

Base price: $10,990. Length: 16 ft. Engine: V-6, 133 hp. 15 mpg city, 20 mpg highway. Warranty: 12 months/12,000 miles. Dealers: 285.

Richard's comments: Designed for those unpredictable Routes Nationales in France, the Peugeot 604's special quality is its smooth ride. It glides serenely over the roughest surfaces and, unlike most cars designed for a smooth ride, has good handling, too. With fashionable rectangular headlights, it's obviously intended to have international appeal. But still, it's impossible to hide its typical French *joie de vivre*.

Jean's comments: The Peugeot's plump, orthopedic seats are heavenly. The flat steering wheel seems strange at first but comfortable when you get used to it. Except for a brilliant red, all the exterior colors are soft and shimmery and have a young, lively feeling.

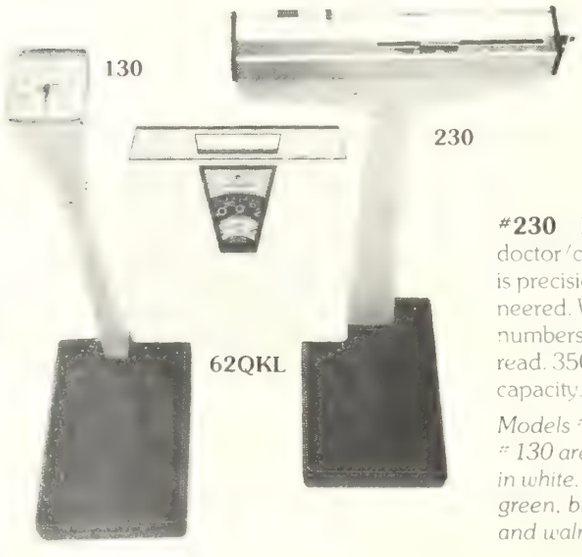
VOLVO 264 GL

Base price: $9,845. Length: 17 ft. Engine: V-6, 125 hp. 14 mpg, city, 21 mpg, highway. Warranty: 12 months/12,000 miles. Dealers: 460.

Richard's comments: Volvo is serious about safety and it's evident in the car's design. There is an energy-absorbing one-piece body and frame, an immensely strong rollover cage, and a completely padded interior. The dual-circuit disc brakes are strong, the steering precise, the acceleration decent, and the bucket seat adjustable in eleven different directions. You can get a perfect driving position, with a clear view in all directions and probably drive safer as a result.

Jean's comments: Safety and comfort seem to go together in this car. I love the "saddle brown" leather seats—like new Frye boots. You can also have black leather, blue or light gray velour. There are lots of standard options including push buttons for rear windows between the front seats, a heated driver's seat, and electric rear-view mirror. ■

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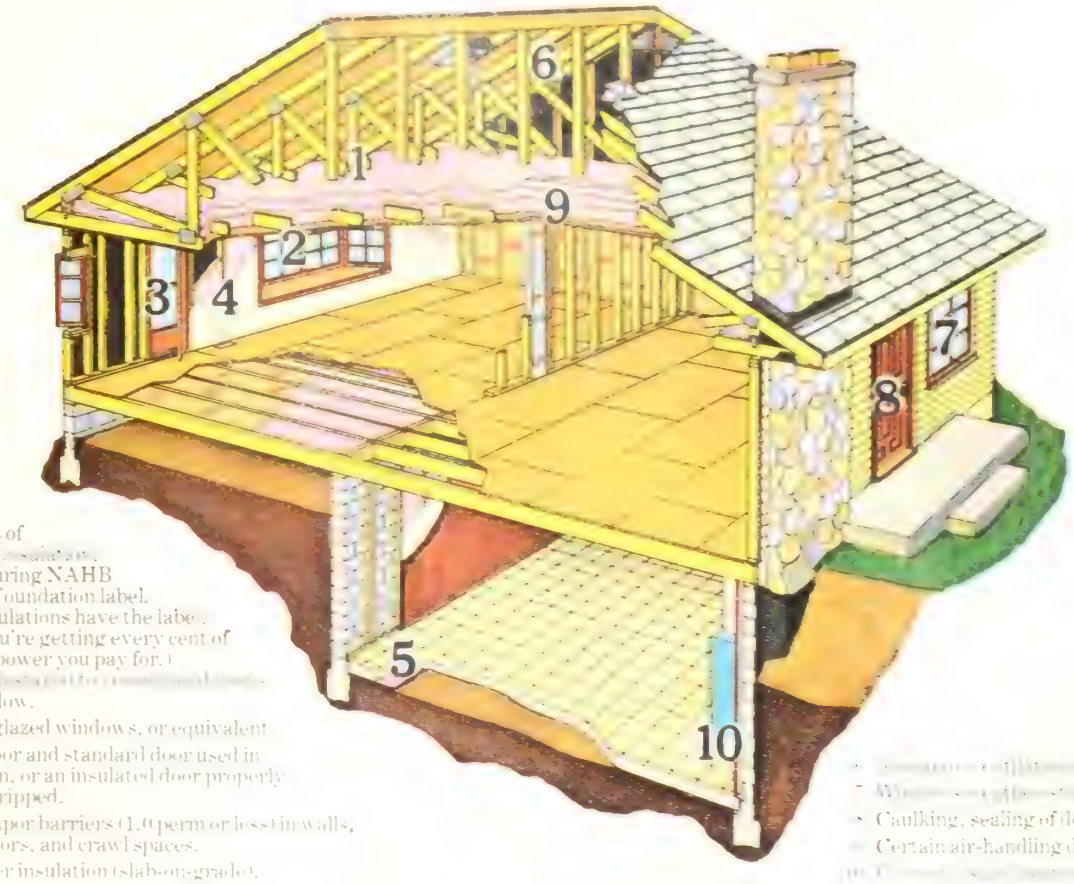
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1. Blankets of [illegible] with reassuring NAHB Research Foundation label. (Not all insulations have the label; it shows you're getting every cent of insulating power you pay for.) Insulation [illegible] on map, below.
2. Double-glazed windows, or equivalent
3. Storm door and standard door used in combination, or an insulated door properly weather-stripped.
4. Use of vapor barriers (1.0 perm or less) in walls, ceilings, floors, and crawl spaces.
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7. [illegible]
8. Caulking, sealing of doors, chimneys, etc.
9. Certain air-handling ducts insulated.
10. [illegible]

Show this ad to your builder. It could save you thousands on future heating and cooling costs.

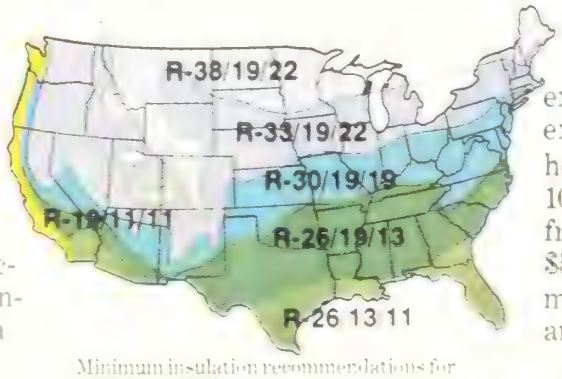
Announcing the energy-efficient home

Here it is—an answer to one of the biggest problems of our times.

That house above is no particular *style*. It can be a ranch, contemporary, or any other design you might want.

But it's a complete *system* for saving energy—and fuel bills.

The thermal experts at America's leading manufacturer of insulation, Owens-Corning Fiberglas, have developed it,



Minimum insulation recommendations for ceilings walls floors.

based on experiments of the last decade.

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And construction costs can be comparable to those of conventional housing!

Take the first step toward an economical, energy-efficient home now. Show this advertisement to your builder.

*Based [illegible]

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NEW YORK 93

Where to shop for your house within walking distance of the hotel

BY NANCY RICHARDSON

The problem for most visitors with shopping on their minds is one of riches. Where to start and where to go after that. The real need is to know the sources—those illusive tips of know-how and know-where that are the stock-in-trade of decorators, House & Garden editors, and intelligent shoppers.

Since no story could cover the city's total shopping potential, we have chosen the section of town with lots of hotels, which is where you're apt to be staying. You could visit ten shops in a morning—all on foot. Right in the center of this area (a splice of the upper east side plus midtown) is Bloomingdale's. Twenty blocks uptown, 5 blocks downtown to the new Citicorp shopping complex on 54th and Lexington, from Madison to Second—is a fertile wedge on any shopper's map. This is also the uptown art gallery district and the location of most of the best antique dealers in the city. In it there are perfect lunch places in all price ranges, museum shows that document famous periods of decorating, hotels that offer special weekend rates. In the thirties, outside the major hotel area, is another whole group of large stores that specialize in things for the house. On Fifth Avenue and 39th Street is Lord & Taylor; on 38th and Fifth, W & J Sloane; on 34th and Fifth is B. Altman & Co. On Sixth Avenue and 34th is Macy's, with its new huge Cellar for housewares, and Gimbels on Broadway and 33rd. (Gimbels also has a store at 86th and Lexington.)



Bloomingdale's. 59th and 60th streets between Lexington and Third. When you're shopping for the house here start at the top. Take the elevator to the *Eighth Floor,* a wonderful place to buy furniture for children's rooms: natural wood desks, beds, chests; chairs complain, varnished, painted white, some even come in sections. Also look for porch furniture, wonderful kitchen tables. *The Seventh Floor:* How to decorate every room in your house with sheets. Kitchen towels and napkins in every color you can think of; grass, reed placemats, also good buys. Stop at the Fountain restaurant where the menu offers simple lunch dishes: chicken salad with walnuts and pineapple, a cassis and sodawater drink. *The Sixth Floor:* An enormous selection of rugs and carpets. New this fall is the Kilim boutique: rugs from Iran, Hungary, Tunisia, Rumania, Afghanistan, Yugoslavia. Also, gift shops, needlework, bath and closet accessories, and housewares in abundant variety. *On Five.* Beds—wicker, bamboo, brass; six different styles of "recliner" and an extraordinary variety of furniture of all sorts. This is the floor for the famous model rooms. Have a look at them for ideas as well as things to buy. On the *Fourth Floor*—china and glass, silver, lamps. Then fabrics. Look for special collections, often imports. Near fabrics are blinds—Levolor, matchstick, and bamboo.

If you've been in the store three hours, it's time to leave. It's like spending too long in a museum. Lunch or early supper is within a minute's walk. An old favorite for Bloomingdale's shoppers is Gino's at 780 Lexington Avenue. A simple Italian restaurant that doesn't take reservations and is always full unless you come at noon for lunch and *(Continued on page 64)*

THE SPECIAL PLEASURES OF RENTING A HOUSE OF YOUR OWN IN ST. MARTIN

BY WILLIAM P. RAYNER



Appetite whetters in St. Martin. Top: Le Radeau, floating bistro. Right: chef and buffet, La Samanna. Below: bakery Marigot.



FR. W. INDIES TOURIST BOARD

St. Martin is a small island 37 miles around, where in 1644 Peter Stuyvesant lost his Dutch leg fighting against the Spanish. Nothing much has happened since, which is the reason we go to this snip of land situated amid the Caribbean's Windward Islands, according to Dutch logic, and among a Leeward chain according to English reckoning. A stone hedge separates the Dutch highlands with their sheep and Holstein cows from the French lowlands with their fine sand beaches. The Dutch sport progress, casinos, and condominiums; the French claim steamers from Bordeaux bearing chèvre, champagne, and Bordeaux wines.

OUR HOUSE

We live on the French side. From our cottage on the bluff can be seen, looking southward from its veranda, the tiny volcanic island of Saba, whose granite mass rises 2,600 feet from the sea like an anchored missile. Overhanging the missile is a permanent cloud, whose moisture has created on its peak a miniature rain forest. Looking northward from the veranda is the island of Anguilla.

SIX RESTAURANTS YOU'LL LIKE

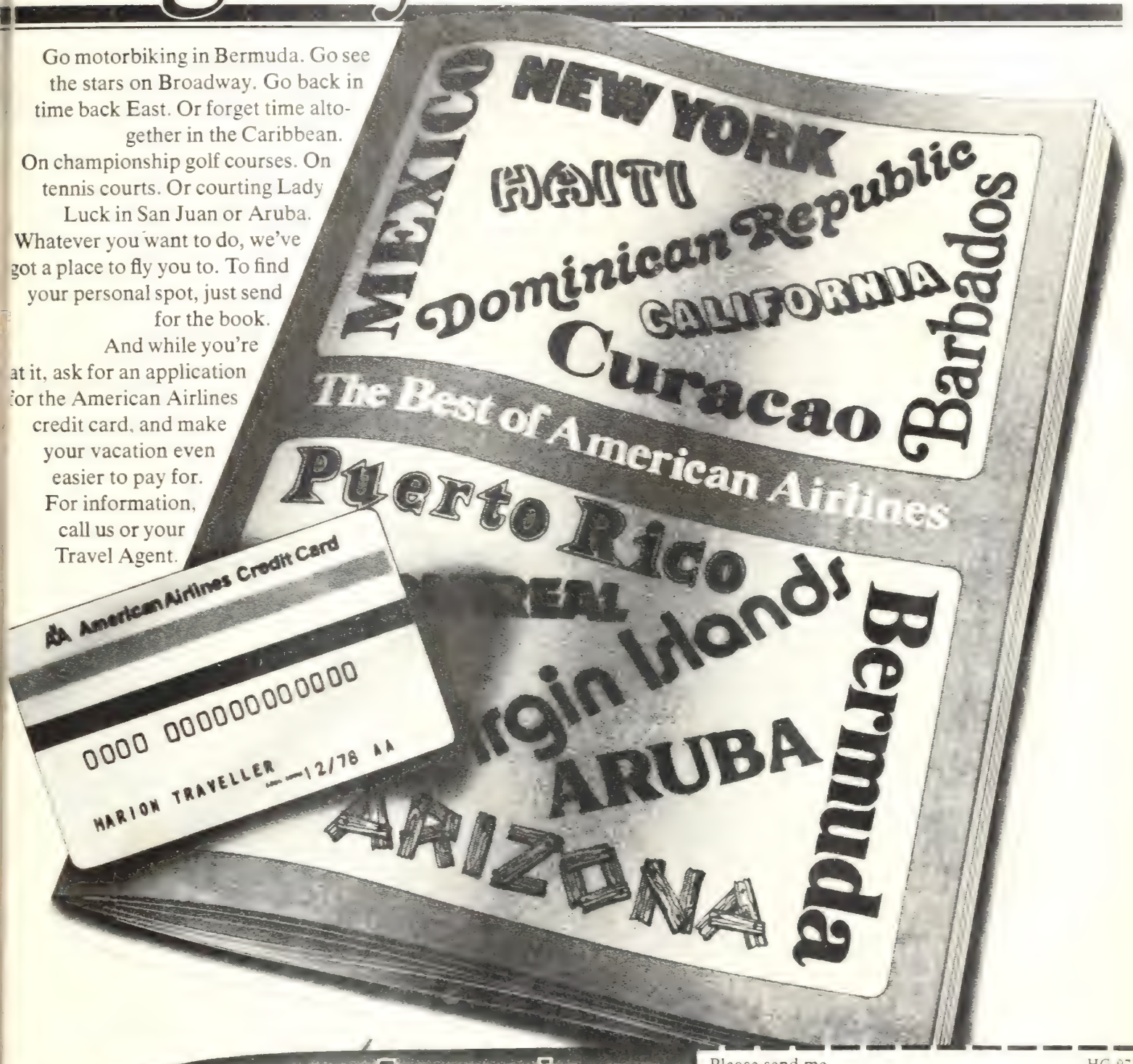
The great attraction to the French side of St. Martin apart from the beaches, the marvelous weather, zero big developments, and the extraordinarily cozy people, is the restaurants. There are a number of excellent ones in the port of Marigot, its main town, where the French have left a heritage of *bien manger.* They front onto the bay and each night dinner is accompanied by the sound of surf lapping the beach just feet away. The Mini Club is trellised to support an abundance of grape vines which rustle gently in the breeze above red-checked tablecloths and candles, whose flame is protected by hurricane lanterns. It is a place where local fishermen go to play chess or checkers, discuss their catch, and then sample yellowtail snapper, grouper, blues, and lobsters, which earlier that day they had *(Continued on page 66)*

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751-2300 or toll free 800-223-9700

Going places, finding things
continued from page 62

New low-cost adventure vacations

The British have always liked adventure vacations. In the 20s and 30s, they were called expeditions, took a long time, and were very expensive. Today, a British firm has taken an Explorer's Club attitude, wedded it to the English ability to organize charter travel, and come up with WRXAS, The World Expeditionary Association, a low-cost, exotic travel tour group whose trips will be available to Americans this fall. Go husky sledging in Greenland, white water rafting in Nepal, coral diving in the Red Sea, sailing in the Canary Islands. Trips originate in the States, except when it's cheaper to stop in London to take advantage of special air fares originating there. For further information call 212-697-6126, or write Wexas International, 420 Lexington Ave., Suite 354, New York, N.Y. 10017.

New York
continued from page 62

6 for dinner. Try their linguine filetto pomodoro or the striped bass en brodetto. A newcomer is Le Coup de Fusil at 160 East 64th St., where $7.50 at lunch buys the plate of the day, cuisine minceur style: Sometimes it's scallops, tiny carrots, asparagus tops in a hollowed cucumber—all covered over in nonfat herb sauce.

THE AVENUES

Madison Avenue: Scout boutiques for one-of-a-kinds

Royal Copenhagen Porcelain. 573 Madison. From Denmark: porcelain, glassware, silver, placemats, copper.

Georg Jensen Inc. 601 Madison. Several floors of silver, china, vases, crystal, cookware that can be used at the table.

The Gazebo. 666 Madison. Wicker chairs and sofas from 1860-1925—repaired, painted white, fitted with cushions or upholstered in a fabric you bring in. Sofas $600-$700. Chairs $250. Other things that look right with wicker: quilts, cushions in animal shapes, linen-rag rugs made to order for runners, wider rugs if you don't mind a seam, 45 by 72 inches for $150-$200.

Laura Ashley. 714 Madison. From England and new this month to New York, wall coverings, fabrics by the yard, table linens, paint in colors that relate. (See cover of this issue for Laura Ashley cottons.)

Sermoneta Imports. 740 Madison. A tiny shop full of baskets. Some are natural, some have patterns in strong colors. Rope hammocks, $140.

Cache-Cache. 758 Madison. This is a garden shop where the flowers are all in the china, on the tablecloths and napkins. Good bed trays and tray accessories.

Lucidity. 775 Madison. A shop full of gifts, picture frames, side tables, pedestals, and tableware in clear acrylic.

Stuart Greet. 783 Madison. New this fall. A shop where decorator Stuart Greet edits a selection of rugs, wall coverings, furniture, lamps, and accessories for you to choose from. Mr. Greet will install them for you and provide other decorating services.

Ambienti. 792 Madison. Contemporary Italian furniture in metal, leather, light woods, and plastic. Lights on slim metal stalks topped with small metal fixture and bulb; chairs that stack.

Pratesi. 829 Madison. Italian sheets, comforters, towels, robes, tablecloths. Some linen sheets, some 100 percent cotton, some a polyester blend. Many patterns are simple, geometric with scalloped borders. Many sheets solid colors, others small flower or ribbon designs.

George Kovacs Inc. 831 Madison. All lights: uplights, thin-stemmed standing lamps, lamps with clear-plexi tubing for the base—wiring is invisible. Ceiling fixtures. Catalogue to take home and study.

Woolworks. 838 Madison. Custom needlepoint designs. Bring in a fabric, a wallpaper, or a picture and Woolworks will make a design complete with wool for a needlepoint pillow, chair seat, wall hanging, or anything you want. They will do the needlework themselves, or you can do it. If you get tired doing it, the shop will finish it up.

Diane Love. 851 Madison. Sleek accessories that are exclusive with Diane Love: silk flowers, glazed pottery in subtle washes of color, French porcelain animals (goats, buffalo, wild boar, a sweet dragon). And her book *Flowers are Fabulous.*

La Cuisinière Inc. 867 Madison. French cooking and serving equipment: Meissen and other old meat platters; real blue and white porcelain, plus some copies; covered-dish centerpiece pottery.

Mediterranean Shop. 876 Madison. Tiny gift shop with blank books and picture frames covered with Italian papers. Desk organizers: easel with little pockets to slip in invitations, letter racks—both covered in Italian red-blue-green and white paper.

ffolio 72. 888 Madison. Everything for your desk covered in pretty marbled—or feathered—bookbinding papers. Letter folders tie with grosgrain ribbons, pencils and pencil cup come covered in the same patterned English papers. All can be made to order. Also writing papers: your name on yellow legal pads, short khaki sheets, others.

E.A.T. 1064 Madison, second generation of the Broadway Zabar's. This food

Continued on page 66

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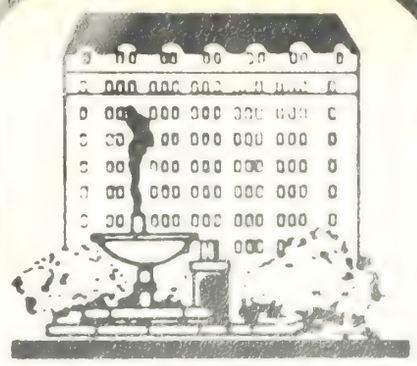
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Neiman-Marcus

New York
continued from page 64

shop also has a corner on the first floor at Bendel's. Buy a picnic here and take it to Central Park. Most popular picnic is a full-course feast: stuffed mushrooms, stuffed chicken breasts, Persian eggplant salad, cheese, wafer-thin apple tart glazed with unsugared apple jelly. Or make your own picnic menu.

LUNCH ALONG MADISON

As well as a picnic for Central Park, Madison Avenue offers a full range of lunch possibilities. The Carlyle Hotel, 35 E. 76th St., has a good restaurant. Across the street is Les Pleaides, 20 E. 76th St., which also gets an art gallery-Parke Bernet clientele. La Goulue, 28 E. 70th St., attracts a younger crowd. The Polo Bar, in the Westbury Hotel, Madison at 69th St., is its own sort of American institution. Quo Vadis, 26 E. 63rd St., has among other first-rate choices, an omelette filled with chicken hash and topped with light cream sauce. Mme. Romaine de Lyon, 32 E. 61st St., offers over 300 different kinds of omelette. Inexpensive, no reservation required. Across the street, at 29 E. 61st., and also inexpensive, is La Pomme which serves soups and sandwiches.

THE AVENUES CONTINUED: LEXINGTON, THIRD, SECOND, FIRST

Savvy shoppers look for good design at reasonable prices

Ad Hoc Housewares. 842 Lexington at 64th St. Industrial cookware and maintenance equipment—often large scale and heavy duty. Other items: inexpensive, simple designs.

Jenny B. Goode. 1194 Lexington at 81st St. Accessories and tableware with a sense of humor. Children will love "Walking China" with legs and feet.

The Workbench. 1320 Third Ave. near 76th St. Inexpensive sofas, tables, bookshelves, chairs—many sectional pieces. In simple designs and fabrics.

Walter's Wicker. 991 Second Ave. at 52nd St. Modern wicker, some sophisticated, some rustic, almost immediate delivery.

Country Floors. 300 E. 61st St., corner Second Ave. Once you've seen the shop, you'll want to put tiles everywhere: in the kitchen, in the bathroom, on the floor, walls, stairs. Country Floors will help you choose from a selection of French, Mexican, Portuguese, Dutch. Can be installed by your local contractor.

Incorporated. 1449 Second Ave. at 75th St. Crafts with whimsy. Unusual contemporary art-crafts. Mixed media sculpture. Ceramic fruit and vegetable still lifes. Unglazed pottery: both surreal and American-Indian-inspired.

Janovic Plaza. 1292 First Ave. near 69th St. Perhaps the best selection of paint in the city. Bring a swatch and they will mix a color for you. Huge selections of wallpaper, many that are normally found only through decorators, lots of self-adhesive papers in patterns. Equipment for do-it-yourself paint or paper projects.

CROSS STREETS

57th Street: Where prices and quality are high

Design Research. 53 E. 57th St. Pottery and plastic table and cookware, furniture, bright-colored fabrics, dresses, and Marimekko sheets, heavy woven rugs.

Baccarat. 55 E. 57th St. Though Baccarat crystal is sold all over the country, you've probably never seen all that they make unless you come here. Also, Christofle silver-plated flatware, tableware, and accessories, Ceralene china.

Continued on page 164

St. Martin
continued from page 62

sold from their boats. Or then, there is Le Pirate, where bouillabaise and red snapper are taken and white wine is sipped while looking past pink coral reefs off to sea.

On the quai is La Calanque, which has one of the finest kitchens in the Caribbean featuring fish in a white cream sauce with tomatoes and shallots (Vivanneau aux échalotes chateaubriand and crêpes. Overlooking the quai L'Aventure is lodged in an ancient house. Here yogurt and cucumber soup is served while diners watch the harbor traffic from high upon a wrought-iron balcony. Behind Marigot on Simpson Bay floats Le Radeau, a thatched houseboat, which must be approached over wooden planks, if you wish to savor its Conch Provençale, or grouper in Creole sauce, while bobbing on this blue bay. And then there is the Buccaneer set in a stone courtyard draped in bougainvillaea just off from Marigot Harbor, where your dinner lobster crawls amid a blaze of tropical reef fish in a huge retaining well. The derivation of the word "buccaneer" is interesting in that it comes from the grill, *buccan*, on which the Carib Indians once smoked their enemies prior to dining upon them. Later the French hunters on Hispaniola (Dominican Republic-Haiti) adopted this method of cooking meat and after lapsing into piracy they were awarded the name "buccaneer."

Beyond Marigot, there is the tiny seaside village of Grande Case where artists and hibiscus live and few tourists pass. At Christephenes one dines on marvelous Creole food and key lime pies amid old island furniture in a garden of tropical flowers.

HOW WE LIVE

For the most part we do our own cooking (occasionally on a buccan) and lunch under a giant white cedar tree that shades the west end of our veranda from the tropical sun, or dine beneath fistfuls of stars that crowd the heavens in this latitude. St. Martin being a free port we

Continued on page 68

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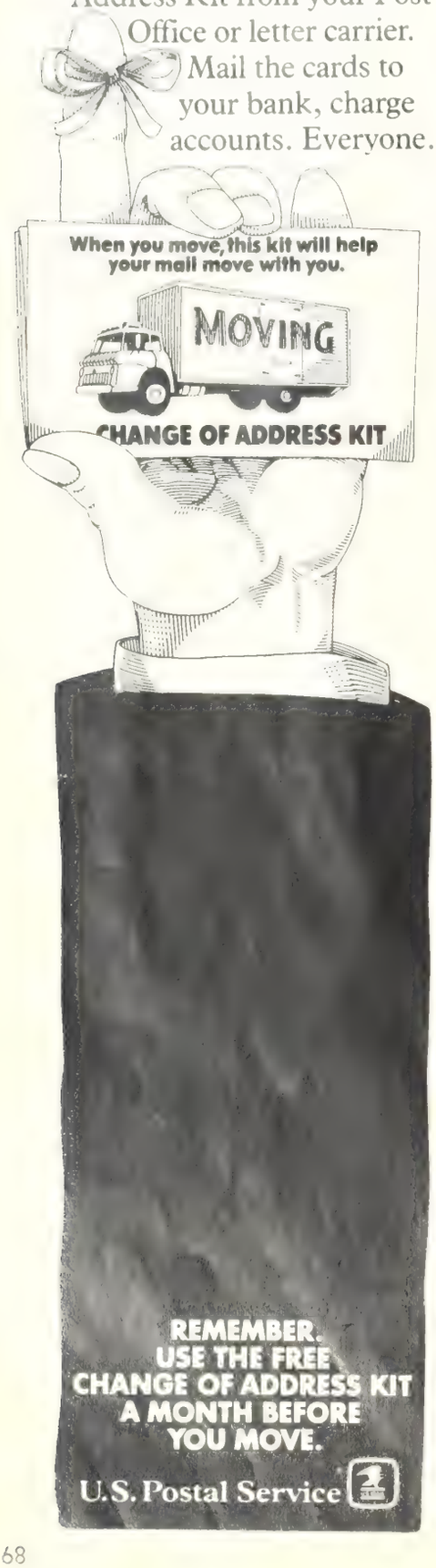
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continued from page 66

prefer champagne with lunch. Some days we pack the champagne and sail to a neighboring island for a picnic, or visit one of the many sandy coves that dot this island's shore.

It is easy to find fresh vegetables, which are sailed in each day from neighboring Saba, or snappers and lobster right from the sea, well-baked bread from the local bakery, also chèvres, bries, wines, pâtés. And a surprising variety of meats including the common cuts as well as the more exotic blood sausage, oxtail, honeycomb tripe, pig's feet, tongue, liver, and good local chicken.

Each morning we drive to market over rutted dirt roads winding through a jungle of almond, tamarind, palm, guava, and mango trees, then up through the highlands, overlooking lagoons to the village of Marigot where the back doors of pensions open hard onto the harbor. Now suddenly you are in France (St. Martin is considered part of metropolitan France) with the road signs designed in the symbolic French code, the postmaster with his traditional blue, flat-topped, visored hat trimmed in red bunting, the pâtisserie, the Pont l'Évêque, the école with its students in blue togas, the police in shorts and havelocks à la the foreign legion, the tricolor over the ministry, the *legion d'honneur* sported on wide lapels, the string filet bags hung on the arms of sturdy matrons who, squeezing for ripeness and weighing for value, all echo France.

SUPER HOTEL CLOSE BY

On those days or evenings when we feel restive there is La Sammana just down the road, perched on a bluff overlooking one of the most beautiful beaches in the Caribbean. The inn was designed by Robert (Happy) Ward and consists of twenty-four, small, Greek-inspired, whitewashed mason houses with doors and window trim of cerulean blue, two tennis courts, a tiled swimming pool, and some of the finest food in the Caribbean. The owner, an enthusiast about French cuisine, has gone to the extraordinary length of installing a most elaborate sorbet machine so that he can enjoy Cassis Sorbet (with crème fraîche) as is his want when staying at the Plaza Athenée in Paris. It was an oversight not to include it on the menu so only a few of us know his secret. But oversights are native to this island, a part of its heritage you might say, that date back to when Columbus thought he sailed by on November 11, 1493 and dedicated this new land to St. Martin of Tours, who is remembered for having shared his robe with a beggar and later in a vision saw Christ wrapped in a fragment of this robe. Cartographers now maintain the island Columbus named St. Martin is really Nevis and that his ships never came near our landfall at all.

How to rent a house on St. Martin

You can rent a house like the Rayners' through Jeannette Rockefeller, and it's easy. The former first lady of Arkansas has 54 houses for you to choose from—everything from simply furnished secluded cottages to sumptuous beachfront houses with pools. Many are designed so that two or three couples can share them with enough privacy to remain friends. Here's how Mrs. Rockefeller's St. Martin Rentals works. If you plan to go, reserve well in advance since many of the houses are occupied by the owners part of the year. In season, rentals range from $150-$900 a week, or $500-$3,200 a month. However, rates are just about half off season, and the weather is just as good. Included in the rental is half-day maid service six days a week. All the maids are trained by Mrs. Rockefeller. For $15



House with pool for rent in St. Martin

a day extra you can have a cook. When you arrive at the airport, St. Martin Rentals sends someone to drive you to your house. There you find a starting supply of breakfast food, and current information on everything from supermarkets to first aid. Arrangements can be made with the island's many hotels to use their golf courses, tennis courts, and beaches. St. Martin Rentals will also make arrangements for a car rental. You will need one, but since the island is only 37 square miles, you can't get lost. An automatic-drive car rents for $125 a week or $400 a month. For further information write:

- **J. Rockefeller**
  St. Martin Rentals,
  Lot 3, Terres Basses,
  Marigot, St. Martin,
  French West Indies
  Tel: 87-52-35 (via Guadaloupe)
- **Or for fast mail service:**
  J. Rockefeller,
  P.O. Box 660475, Miami Springs,
  Fla. 33166

KLM flies direct from New York in 3½ hours. KLM also flies from Miami. From Chicago, take Eastern Airlines to San Juan and change planes to get to St. Martin. From Houston, Eastern connects through Atlanta and San Juan. American also flies to San Juan. ■

SUSAN ZEVON



"There are so many ways of entertaining the children. They're so well behaved here, and we're so relaxed."

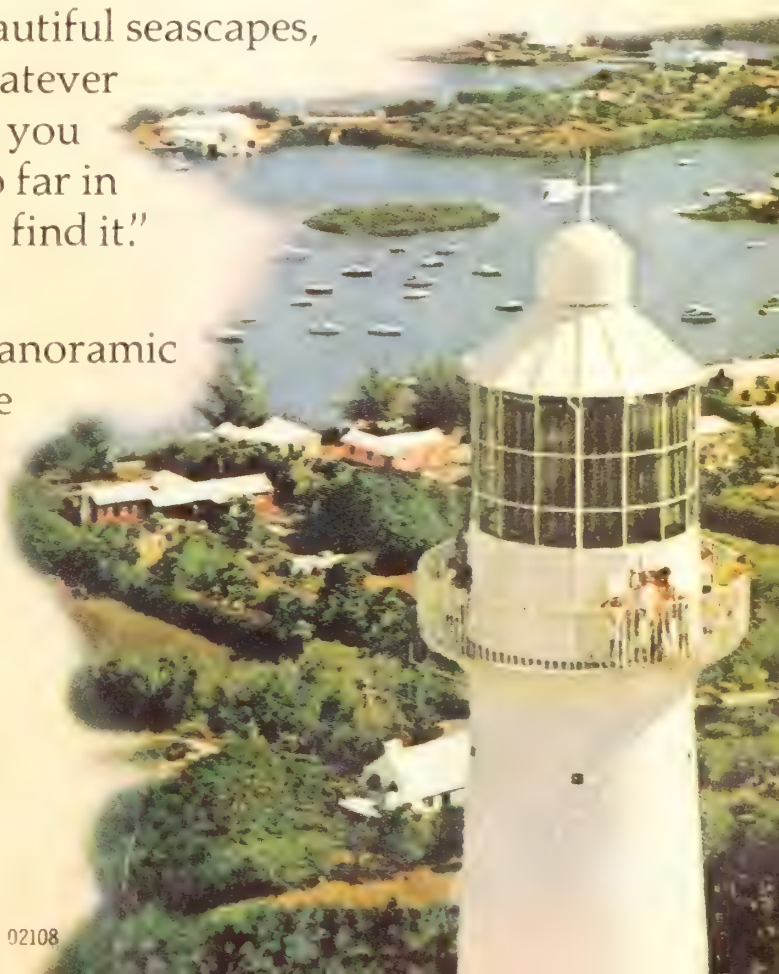
Mike and Mary Lee Hurley discuss their third visit to Bermuda.



"Tennis, golf, beautiful seascapes, sightseeing. Whatever your passion is, you don't have to go far in any direction to find it."

"We had a panoramic view of the entire island. The beauty is incredible."

"It's the people on this island. They're part of it. Very fine, very pleasant."



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TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. United Nations Plaza Hotel, **Weekend Catalogue**, a mini-vacation (for a special rate) that combines comfort with Big Apple attractions.

2. Hotel Navarro on the Park. Quiet comfort near Central Park, with the best in restaurants, shops, and theatre nearby.

3. Marriott's Essex House presents **Vacations in Miniature on Central Park South.** The Escape to Luxury is $79.90 per night, or $125 per night for the Millionaire's Escape. Gift certificates.

4. The Park Lane Hotel stands 46 stories over Central Park offering spectacular views, and 640 spacious rooms. A second-floor dining room looks into the park.

5. The Regency Hotel on Park Avenue at 61st St. is a traditional grand hotel with modern conveniences within walking distance of great shopping.

6. Loew's Drake, Park Ave. at 56th St., an updated luxe hotel near 57th St. shopping. Shepheard's now offers jazz at noon in addition to disco dancing at night.

7. The **St. Regis-Sheraton,** 2 E. 55th St., offers traditional comfort, Fifth Avenue shopping, three restaurants: The Oak Room, The King Cole Bar (redone over the summer), the Maisonette for dinner and dancing.

Here are some store brochures to help you preplan shopping expeditions.

8. Bonwit Teller Christmas Catalogue. Reveals the splendor of holiday dressing and the sparkle of special gifts. Ideas for everyone on your list. $2.

9. The Fine Art of Cartier, 1977. A 74-page, full-color gallery of special finds. Art Deco pieces, gold and diamond jewelry, and "les musts de Cartier"—a collection of lighters, watches, pens, leather goods, and gift ideas. $3.

10. You can also shop Tiffany's by mail with the **Tiffany Blue Book.** China, crystal, clocks, watches, stationery, and exciting new jewelry creations by its own innovative designers. 180 pages. $2.

11. Sloane's Discovery Sale has 16 pages of homefurnishing ideas: modern and traditional furniture, antiques, accessories.

12. Bloomingdale's Home/Living Catalogue allows you to shop for your house from home. A choice of housewares, cookware, table linens, furniture. $1.

13. The **Sotheby Parke Bernet Newsletter** is an invaluable guide to this gallery's sales and auctions worldwide. Bimonthly. $3 a year.

14. The oldest apothecary shop in America, **Caswell-Massey**, lets you shop for its unique items by mail. 99-page catalogue lists today's natural products and some 18th-century remedies. $1.

15. Explore the French Caribbean with Club Med. Caravelle and Fort Royal in Guadeloupe (Fort Royal has a special Mini-Club for children) and Buccaneer's Creek in Martinique. Details in C.M.'s **Trident.**

16. American Express offers one-week charters to **Guadeloupe** from $309. Price includes round-trip air, choice of hotel, breakfast, baggage handling, tips, taxes. Weekly New York departures.

17. St. Lucia Discovery Package from Eastern Airlines offers 8 days/7 nights from $100 to $164 plus air fare.

18. St. Lucia, in the West Indies, offers water and land sports, nightlife, shopping, and unusual excursions. How to get there, getting around the island, where to stay—all explained.

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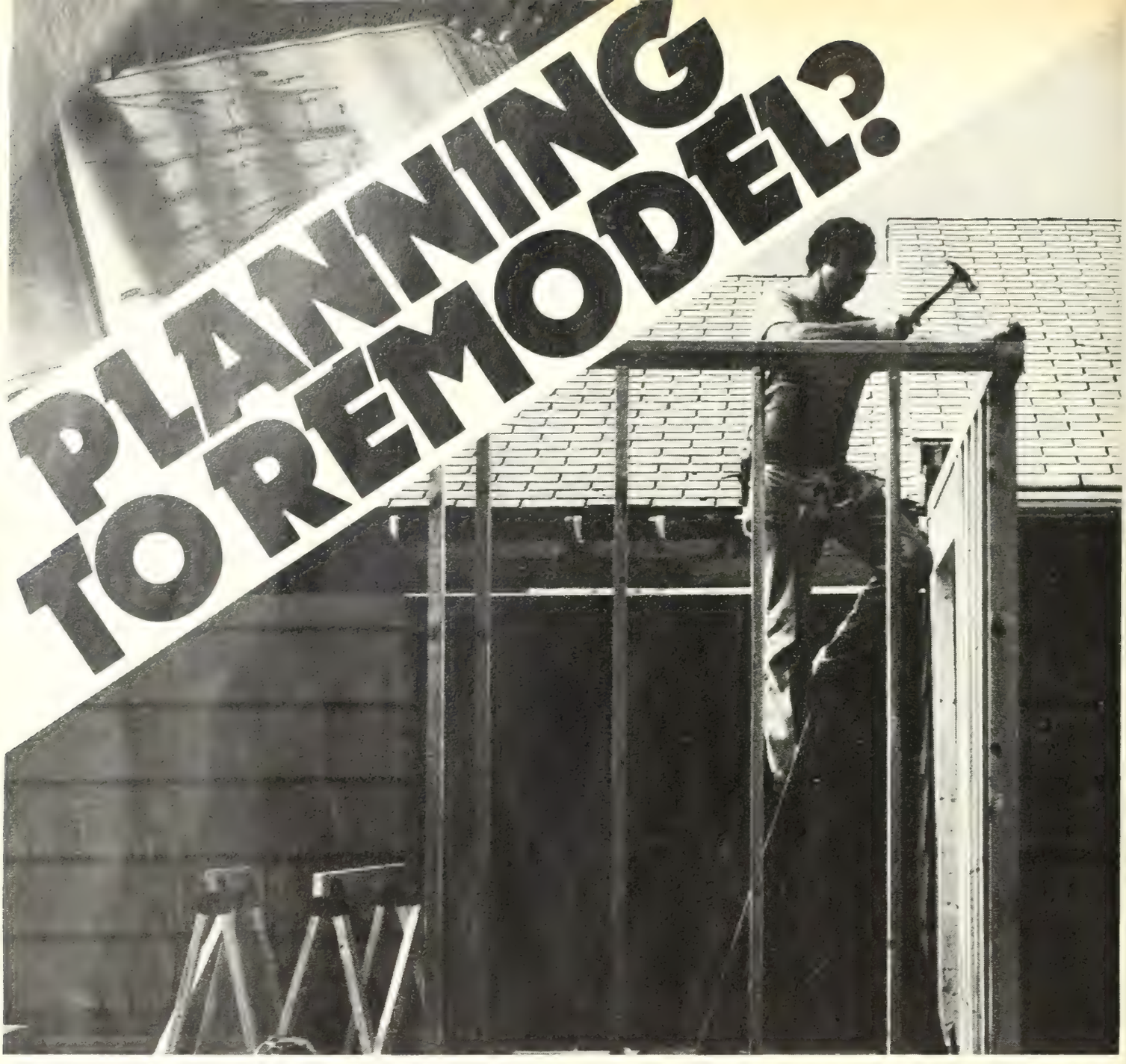
Appliances



Could you live a more comfortable life if your house were bigger? Re-ordered? Remodeled? If it had more conveniences? More windows? More insulation? If it made fewer demands on time and energy? Every house has multiple possibilities, and right now is the perfect time to start developing the ones that will improve the quality of your life at home. Begin by looking around your house, taking stock of your family's needs noting what's right—and where there's room for improvement. Then visit your local home center to see the quality products made by the companies listed below, all members of the National Home Improvement Council. And, to expedite your major remodeling jobs, remember that you can count on the Council's contractor members who are located throughout the United States.

This issue of House & Garden, with its special section on home improvement, will give you many ideas for living up to the potential of home. Translate the ideas you like best into your own individual projects: you'll find they'll pay dividends of comfort and pleasure for years to come.

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Look for the National Home Improvement Council Member in your community. He has pledged himself to observe a Code of Ethics for your protection, and is ready to assist you in making prudent decisions compatible with your income—no matter what kind of home improvement project you have in mind.

Remember, your present home represents a big investment. One that can grow into a valuable asset if you keep your home properly maintained and improved for better living. So look for and do business with members of NHIC where you live.

To help you plan your remodeling work, let us send you a copy of our booklet, "How To Start Your Home Improvement Project With The Help of a Reliable Contractor." Send a stamped, self-addressed envelope to:

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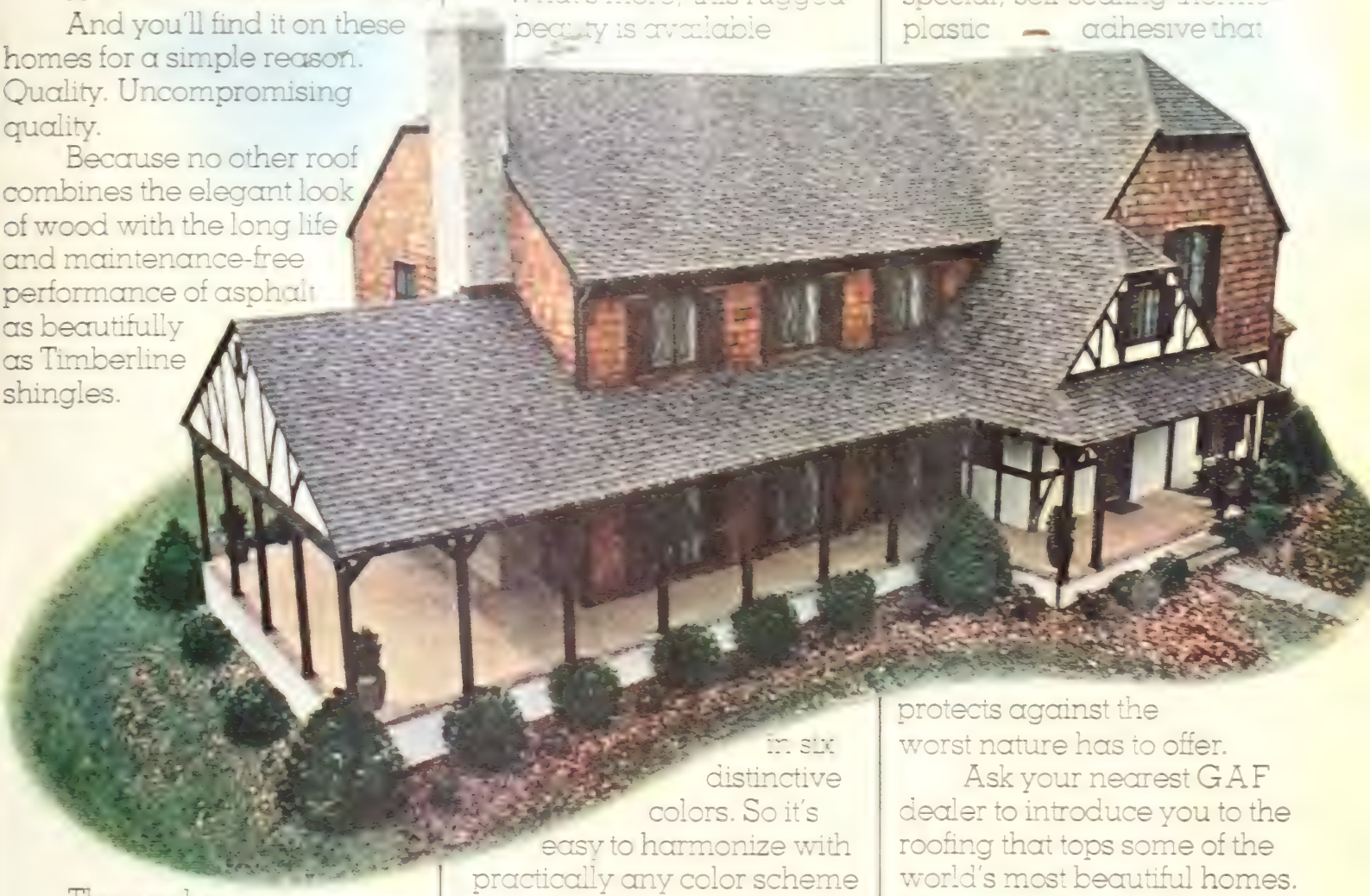
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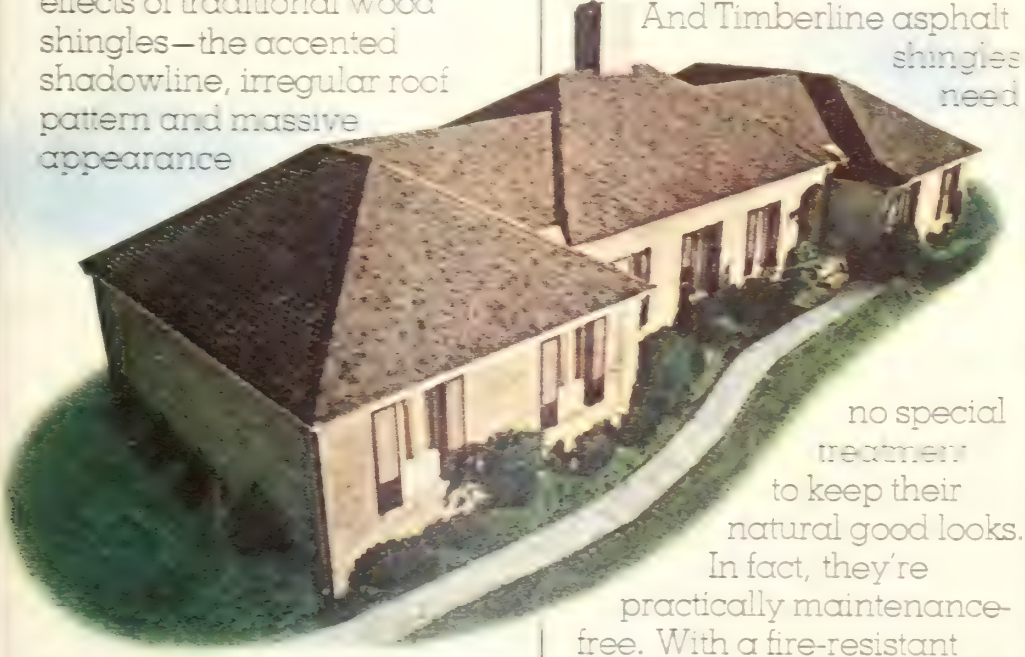
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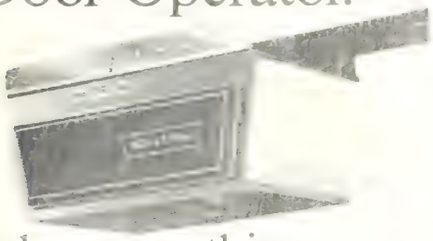
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You'll find him in the Yellow Pages under "Roofing." Or write to: GAF, Building Materials, Dept. HG97, 140 West 51 Street, New York, N.Y. 10020.

GAF **Timberline® Roofing**

The NuTone Automatic Garage Door Operator.



It does everything it should do,

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Up, down, on, off and lock... with one button!



NuTone's precisely engineered multi-code Remote Controls open and close your garage door, turn on and off the light and securely lock the door . . . all with the touch of a button from your car.

Convenience, Security, Quality and Value...

you get it all from NuTone . . . thousands of pleased owners say you can't buy a better Garage Door Operator, and we think they're right.

For free information about NuTone's Automatic Garage Door Operator, mail the coupon below . . . you'll be under no obligation to buy.

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Address_____

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State_____ Zip_____

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NuTone Housing Products

Scovill

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Madison and Red Bank Rds.
Cincinnati, Ohio 45227

Form 3821 Printed in U.S.A.

HOME IMPROVEMENT IDEAS

FOR THE HOUSE FIXER

PREPARING YOUR HOUSE FOR PAINT

BY DEANNE RAFFEL

This is a good time of the year to give a house a colorful new coat of paint. Begin by hosing down the exterior from the base upward to the roof (working in the opposite direction may cause permanent streaking). If the house is excessively dirty, scrub it with a long-handled brush dipped in a solution of heavy-duty, all-purpose detergent and water. Then rinse. Remember, all areas requiring paint must be clean or the fresh paint will not stay on and give any lengthy service. Do not forget to clean under the eaves. Sponge dirt from window sills, too. Do this from inside.

Mildew frequently covers northern exposures that do not receive the sun's rays. To treat this problem, add fresh laundry bleach to the detergent and water solution at a ratio of 1 part bleach to 3 parts water. Scrub, wait a few minutes, and rinse with the hose. Scrape blistered and peeling areas smooth. Countersink protruding nails, fill and sand holes, then prime these spots. Nails, which have bled rust through the old paint layer, should be coated specifically with a rust-inhibiting primer.

Scoop debris out of gutters and flush with water. With a steel brush, scrub off peeling paint and spot prime with a metal primer. If gutters have not been painted previously, the entire surface needs protection with this primer, before being painted with the house or trim color. Caulk openings around window moldings and other trim. Sashes may need additional glazing compounds.

Aluminum storm windows require recaulking periodically: Remove loose, dried-out material before adding new sealer. Dark-colored pigments may fade, remember, in intensive sun, so try not to choose an intense or deep-colored paint if the southern and western sides of the house are not protected by some shade. If mildew has been a problem, purchase a paint with a mildew additive.

When a 6-foot ladder is too short, use a sturdy extension ladder and always be sure to put it securely against the house and on even ground. Check for stability before climbing up. Cover shrubbery and masonry with drop cloths. But do not paint either on windy or rainy days, or in direct sunlight.

Upkeep-free siding

A new aluminum exterior wall siding is molded in wood shingle forms and textures. It needs no staining or upkeep because it has a permanent Pollution-Resistant Vinyl Dualcoat finish which is weather resistant. The 12½-feet-long-by-8-inch-high "Shingl-Wood" strips are available in a wide range of colors, including blue, ivory, white, red, avocado, bayberry, yellow, gold, and two shades of brown. The siding has a 30-year warranty. Alcan Building Products, Alcan Aluminum Corp., P. O. Box 511, Dept. R, Warren, Ohio 44482.

STOVES ARE HOT NEWS



To cut heating costs, wood or coal-burning metal stoves are popular again as supplementary heating units. The Parlor Stove is cast iron, trimmed in nickel plate, has a grate, a spark guard, and a cooktop concealed under the stove top. It is 31¾ inches high with a floor spread of 25½ by 23 inches. There is a 6-inch-diameter outlet for the back flue pipe, a 21¼-by-13½-inch firebox. Approximately $199.50 to $229.50 in the West; $204.50 to $234.50 in the East. Also available are other stoves, heaters, and Franklin fireplaces. Radke Imports, Ltd., P.O. Box 545, Emmett, Idaho 83617. *(Continued on page 78)*



"THE GE POTSCRUBBER II DISHWASHER. BELIEVE ME, IT LIVES UP TO ITS NAME."

If you want a dishwasher that scrubs pots, believe me, you want GE's Potscrubber II dishwasher.

It might not do everything, like burned-on soils, but it sure cleaned this pot of baked-on beans. With no pre-scrubbing or rinsing. We just tipped off the large, hard scraps.

And the Potscrubber II dishwashers are the quietest dishwashers GE has ever made.

Plus the PermaTuf™ interior won't ever chip, peel or rust in normal use. The Potscrubber II dishwasher even comes with GE's ten-year PermaTuf tub protection plan.*

The Potscrubber II dishwasher. It lives up to its name. And it's backed by GE Customer Care® service.



peeling or rusting within the nine (9)-year contract period ending ten years from purchase date). General Electric will repair or replace the tub or door without charge for either parts or labor unless failure is due to misuse or abuse. This Service Contract applies to dishwashers installed and

C. Not applicable to Alaska, Hawaii, Virgin Islands, Guam, American Samoa, Canal Zone or Puerto Rico. Service will be provided by our Customer Care Factory Service Organization or by one of the franchised Customer Care® servicers.

GENERAL ELECTRIC



Outlasts ordinary putty or caulk by years.





DAP '33' Glazing Compound is the surest, easiest way to replace broken or cracked window glass. It sets new panes in either wood or metal sash. And, gives you an airtight, watertight seal that'll outlast ordinary putty by years.

DAP Butyl-Flex™ Caulk is the one for those really tough exterior sealing jobs. Lasts 5 times as long as ordinary caulks. So it's perfect for sealing around doors and windows, filling siding joints, and caulking chimney flashings.

Home fix-up's a snap with DAP

DAP is a trademark of DAP Inc

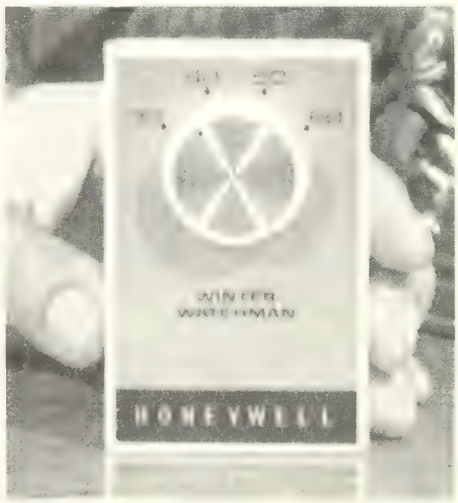
DAP Inc., General Offices Dayton, Ohio 45401
Subsidiary of Plough, Inc

House fixer
continued from page 76



SHOWER WATER SAVER

With water rates higher by 30 to 70 percent in many areas, using less water saves money. This showerhead, Kohler's Automatic Flow Control unit, reduces water flow to 3 gallons per minute, compared to the 6 to 8 gallons of customary showerheads. Cutting the amount of water by 50 percent also reduces the cost of heating it. A family of four, taking 5-minute showers, could save 15 gallons per day each or 21,900 gallons per year saving $13.85 in water bills, $138 in water heating. In chrome finish, approximately $31 for the City Club showerhead. Kohler Co., Kohler, Wisc. 53044.

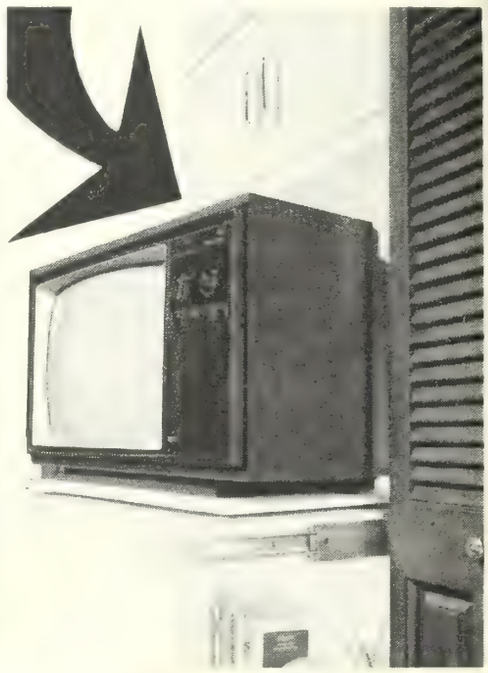


Plant and water pipes protector

To safeguard both your indoor plants and your household plumbing pipes from freezing, use this handy "Winter Watchman." It is a thermostatic device that you plug into an electric wall outlet then plug a table-lamp cord into it. In your absence, you leave the lamp turned on and if the temperature in the house drops below a preset minimum the lamp turns off automatically. This is a signal to neighbors (whom you have alerted previously) to call your service man. About $10 from heating equipment and plumbing supplies dealers. Residential Division, Honeywell, Honeywell Plaza, Minneapolis, Minn. 55408.

Handy TV swivel

Pull out slides let you swivel a heavy TV set or stereo speakers easily for better sight lines or sound. Screwed to both sides of a movable shelf supporting the TV or speaker, the metal slides can extend the shelf; a flat ball bearing under it will swivel it. The shelf can be turned to any angle in a 180-degree arc. Slides 18 inches long, $51; 22 inches, $57; 24 inches, $60. Slides, ball bearing at hardware stores. Grant Hardware Co., High St., West Nyack, N.Y. 10994.



Help around the house

Literature on how to do it yourself in house upkeep abounds these days. A leaflet with step-by-step instructions and illustrations on how to install a ceramic tile floor yourself is 25¢ (for postage and handling) from Tile Council of America, Dept. F, P. O. Box 2222, Princeton, N.J. 08540. A 32-page *Home Upkeep Projects* booklet covers stripping furniture, preparing walls, ceilings, floors for refinishing, describes tools, materials, methods, 25¢, The Savogran Co., P. O. Box 130, Norwood, Mass. 02062. *Everything you ever wanted to know about roofing, siding, and residential insulation* is the catchy title of a 31-page illustrated booklet in question and answer form; 25¢ from Certainteed Products Corp., P. O. Box 860, Valley Forge, Pa. 19482. *The Window Book* has 136 illustrated pages on the subject of windows. Specific solutions for leaky windows that waste energy, information on replacement windows, storm windows, new thermalized windows and the history of windows in general are covered. $1. Season-all Industries, HG, Indiana, Pa. 15701. ■

Congoleum

Seamless flooring: elegant, wall-to-wall beauty; a durable no-wax, seamless surface that's easier to keep clean. And seamless installations are easier to do yourself. Only Congoleum offers this, in widths that range from 6 to 15 feet. High quality, high fashion, seamless flooring—in a spectacular variety of no-wax colors and patterns.

From the company who's been setting flooring trends for over 90 years. Look at Congoleum first: for colorful, *seamless* beauty.

A no-wax floor stays fresher looking longer, usually with just sponge mopping. In time a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred. (Complete maintenance and warranty information available through your local Congoleum retailer, in the Yellow Pages under "Floor Materials", or by writing Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.)

Only Congoleum® gives you seamless flooring in rooms as wide as 15 feet. Seamless flooring that looks prettier, cleaner, newer longer.





These kids threw a "stain party" treating Tru-Test E-Z Kare latex flat enamel to their messiest materials: motor oil, chocolate bar, blueberry preserves, ketchup, peanut butter and mud. You see the results below.

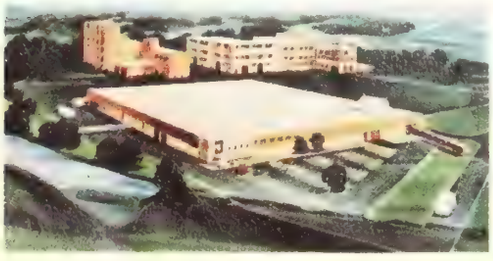
STUBBORN STAINS WIPE CLEAN WITHOUT 'SHINING' OR NEED TO REPAINT



"Tru-Test E-Z Kare gives walls and woodwork the soft, luxury look of latex with the scrubbability of enamel."

Bonnie Blaire,
Tru-Test Paint color and decorating consultant

Now you can create fresh new beauty that's virtually childproof in any room, on walls *and* woodwork. Tru-Test E-Z Kare latex flat enamel keeps stains, grease and grime from penetrating so most stains wash right off. Even after heavy scrubbing or scouring there's no "shine" or need to repaint. Tru-Test E-Z Kare outlasts ordinary latex, yet the painting's easy, cleans up quick with soap 'n water. Choose white or custom colors.



Over 5,000 True Value Hardware Stores own three modern, efficient Tru-Test factories to assure you highest quality paints at direct-factory savings.



A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

The Wash 'n Wear Paint.

True Value®
HARDWARE STORES

Tru-Test Paints are sold exclusively by True Value Hardware Stores who own their own paint factories. Look under "Paint – Tru-Test" in the Yellow Pages.

For a washer that can still be washing when she's in high school, it's time to look at a Gibson.



Ever heard the sound of a washer breaking down? It's awful. And it means either a big expense or a lot of nights at the coin laundry.

At Gibson, we hate that sound. Because we don't think it's too much to expect a washer to last for many years. To wash the little lady's play clothes today, and keep on washing when she's ready for party clothes.

And we're building that kind of reliability into every washer we make, with one of the toughest quality control programs around. So when a washer passes our tests, we know it's ready for yours.

But with the Gibson Washmaster, we also give you all the features you need to make washdays beautifully painless.

Like our Fabriguide, to make sure you get the proper temperature and speed settings. Agi-Soak, a pre-wash soak that goes after dirt before the wash cycle even starts. Double-Scrub washing action to remove deep down dirt and give you sparkling bright clothes. And our Dura-Drive system that handles big 18-pound loads with nonchalant ease.

It's all here. Like it's been with Gibson for the last 100 years. So before you buy a new washer, look at a Gibson. And while you're at it, look at the companion Gibson dryers featuring Gibson's exclusive Vacu-Dry system, too.

They just don't know when to quit.

Gibson Appliances. They last.

1877-1977

BY ELIZABETH A. MEEHAN



Easy-to-install fluorescent tube. Bright Stick by General Electric

LIGHTS UP, ENERGY DOWN

SAVE ENERGY AND STILL GET ALL THE LIGHT YOU NEED

Elizabeth A. Meehan is a well known authority on residential lighting. She has worked with General Electric and GTE Sylvania on house lighting, and for a firm of consulting engineers she developed lighting for projects as diverse as the Kennedy Cultural Center and N.Y.U. Medical School. She is currently a design consultant, lecturer, and writer on architectural lighting.

Lighting that saves money and energy can be very pleasant to live with. But in addition to selecting your light sources with an eye to their energy efficiency, you should know what you want light to do for you and use only what you need when you need it.

For real energy saving, use daylight whenever possible. Put your desk, work table, or reading chair next to a window. But not facing it, or glare will reduce visibility. Let the light flow on your work or reading from the side or over your shoulder.

A white wall opposite a window wall will maximize daylighting. So will mirror. Clerestories and skylights can also bring light into interior spaces, but you must weigh their effectiveness against possible heat loss. A technique of redirecting daylight by reflectors on Venetian blinds is being tested now under a grant from the Energy Research and Development Administration. If you have Venetian blinds, you may want to experiment by applying shiny metallic tape to the topside of the upper slats to bounce light across the ceiling.

How can you tell which bulb or tube will give you the most light for the watts it uses? The basic unit of measurement of light is a lumen. Manufacturers are required to show on the package the lumen output of a bulb. You can compare the lumens of a given wattage and choose the bulb with the greater output. You would get more light from a 100-watt bulb producing 1585 lumens than from one producing 1490.

Higher wattage incandescent bulbs are more efficient, that is, give more light per watt, than lower wattage bulbs. A 150-watt bulb gives more light than two 75's or three 60-watt bulbs, while a 100-watt bulb gives nearly 50 percent more light than four 25-watt bulbs (and costs one quarter as much).

Long-life bulbs (2500 to 3500 hours) are good where replacement is difficult, such as high-ceilinged halls or over stairs, but light output is sacrificed in favor of life. (DuroTest and Hytron make krypton-filled bulbs that are 10 percent more efficient than regular long-life bulbs). From an energy-saving standpoint, a standard bulb (1,000 hours) is a better choice, because you can replace a long-life bulb with the next lower wattage of a standard bulb and get approximately the same amount of light; for instance, a 75-watt standard bulb instead of a 100-watt long life.

Three-way bulbs such as 30/70/100, 50/100/150 or 50/200/250 watts provide choice of lighting levels. All you have to do is remember to turn the switch to save watts and dollars.

Mushroom-shaped reflector or PAR bulbs concentrate the beam of light, hence, when a directional light is desired, use energy more efficiently.

About 20 percent of the energy consumed by an incandescent bulb produces light—the other 80 percent is dissipated as heat. A fluorescent tube gives three to four times as much light per watt as an incandescent bulb, as the chart below notes. It also lasts longer. Lower wattage fluorescent tubes average 9,000 hours of life, while a 40-watt tube has an average rated life of 24,000—four years or more of normal home use. Fluorescent represents a saving in replacement cost as well as energy.



Bright Stick in home workshop

In choosing your light sources, however, you must weigh the need to conserve energy against your emotional and esthetic needs. Fluorescent gives high-level, diffuse light and, especially in Deluxe Color tubes, good color quality. Where color appearance is less critical —in a workshop or utility room—standard Cool or Warm White tubes give even more light for the same amount of energy. Without some incandescent, though, a room may seem flat and dull.

An incandescent bulb is a point source that gives a harsh quality of light, but it can be controlled much better than fluorescent. Dimmers give you maximum flexibility in selecting exactly the incandescent light level you need. You can also dim fluorescent, but special ballasts are required, so it's costly.

Nowadays, compact dimmers that fit into regular wall switch boxes are solid state or variable transformers. They draw some current when on—½ to 2 watts for a 100-watt bulb. The tiny loss in light

Continued on page 86

COMPARISON OF LIGHT AND LIFE OF INCANDESCENT AND FLUORESCENT:

INCANDESCENT			FLUORESCENT			
Watts	Lumens	Life	Watts	Lumens standard colors	Lumens deluxe colors	Life*
25W	235	2500 hrs.	14W	700	470	9000 hrs.
40W	455	1500	15W	870	600	9000
60W	870	1000	20W	1300	850	9000
75W	1190	1000	30W	2360	1530	18,000
100W	1750	1000	40W	3150	2200	20,000
150W	2880	1000				
200W	4010	1000				
LONG LIFE			CIRCLINE			
			19W	825	630	12,000
			22W	1000	850	9000
55W	775	3000-4000	32W	1800	1350	9000
92W	1490	3000-4000	40W	2350	1780	9000
138W	2310	3000-4000	U SHAPE			
			40W	2520	1645	12,000

*Lumens at 40% of life. **Nominal lamp watts



St Charles
FASHION KITCHENS

A St. Charles kitchen is unique in all the world. A custom creation meticulously designed to mirror an individual lifestyle and personality.

Each proud owner personally is involved in every facet of planning and selection—choosing from many motifs and the widest array of exquisite furniture woods, textured metals and designer colors. All ingredients blend into a masterpiece of functional elegance and enduring beauty.

If now is the time for you to become a St. Charles owner, your dealer-designer invites you to come browse in his showroom. Let him assist you in planning and creating the St. Charles Fashion Kitchen that is singularly *you*.

Please send me your new, colorfully-illustrated 44-page Kitchen Ideas Book, plus "The Choice is Yours" book of latest designs. I'm enclosing $3.00.

St. Charles Fashion Kitchens
St. Charles, Illinois 60174

NAME _____

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CITY _____ COUNTY _____

STATE _____ ZIP _____

PHONE _____

7S9305

Enjoy all your meats juicy
From Jenn-Air, the range



Hearty char-flavors, sizzling from the grill.

The thick blood-red sirloins and heavy pink chops of this world are at their finest when they come encased in a crunchy brown crust. It's a natural condiment that exudes from the meat, bakes on in high heat, and develops a smoky, char flavor that is the absolutely perfect seasoning for the lush meat and hot runny juices inside.

The grill seasons a host of other meats too—spicy sausages splitting with juice, pink-and-black-charred shrimp in the shell, succulent barbequed chicken, thick pink-centered hamburgers spiced with smoke...

The good taste of grilled meats is only one of many delightful tastes created in a stream of power-driven air by the Jenn-Air Grill-Range—the range that breathes.

On the rangetop or in the oven, Jenn-Air's powerful built-in ventilation inhales air to cook cooler and cleaner, whisks away smoke and odors, exhausts direct to outdoors to keep your kitchen cleaner, sweeter.

And most important, the self-ventilating Jenn-Air Grill-Range gives you more to taste with *five* Cooktop Convertible units that let you grill, spit-roast, griddle, deep-fry, and shish-kebab all on top of the range.



Smoky-sweet flavors with whole meals on a skewer.

It is said that shish-kebabbing got its start back when men who wore swords skewered meats and held them over their picket fires.

You load skewers with tender bites of beef or lamb or sausage, plump shrimp, fat mushrooms, even chunks of fresh, luscious fruit. As the skewers turn, slather these foods with herb butters, pepper sauces, fruit juices, honey and oil, or any of 100 other seasonings. You'll get drips, and smoke will puff up, but it will be whisked direct to outdoors by Jenn-Air's rangetop ventilation.

And as the smoke currents bathe the kebab morsels, you get something more to taste—a delightful smoky-sweet flavor no spice or seasoning can duplicate.



Griddle-crisped flavors, cooked short-order quick

Crusty brown ham slices, rolled omelets, toasted sandwiches are just the most common ways you'll



nd bursting with flavor.
hat breathes.

se your Jenn-Air quick-cooking riddle that puts a thin, delicious risping of flavor on everything cooks.

You'll use it as a giant chafing ish for flavorful Steak Diane. ou'll use it for Japanese tabletop ookery—for sukiyakis and crispy ir-fried vegetables. You can even se it for an elegant dessert of ananas browned in butter, renched with orange syrup, and amed with Cognac right on ne griddle.

Griddle-quick cooking—it's nother way you get lots more to aste, more to enjoy from your enn-Air Grill-Range.

Savory meat flavors from the open-air spit.

rue roasting began in the open ir, over a clear bright fire. Cooked his way, meats take on a special avor prized by generations of ourmets. And Jenn-Air duplicates ue open-spit roasting, in the onvenience of your kitchen.

Fiery heat strokes the meat as revolves on the spit, but not quite nough to char it. Basting fat or auce rolls over the meat, keeping he surface tender and moist. The team that ordinarily forms around ooking meat is carried away on enn-Air's self-ventilating breeze.

As a result, chicken tastes hicken-ier, beef tastes beefier, and ll meats come to your table with a ich, savory, succulent flavor that lings like syrup to your lips. It's he flavor of true open-spit roasting, omething more for you to taste nd enjoy.



Crusty brown flavor from the convection oven.

The Jenn-Air convected Power Oven is actually two ovens in one. First it's a conventional electric oven and broiler. But then, just by flicking a switch, it becomes a professional-type convection oven that lets you roast meats in a stream of power-driven air—quicker, at lower temperatures!

As in open-spit roasting, there's no steam to give meat a "boiled" taste. A rich, caramel brown crust quickly forms on the surface to trap juices within. Beef roasts cook hot and pink all the way through. Turkeys stay juicier because they cook in less time. Chickens, hams, roasts of pork cook richly brown and plump to bursting with flavor.

The Power Oven cooks cleaner, too, because smoke and steam are exhausted direct to outdoors. And it has two oven-cleaning modes. It cleans itself continuously during use. If deposits accumulate during heavy use, you just switch over to "accelerated cleaning" and the job is done in a fraction of the time.



In the oven or on the rangetop, Jenn-Air's power-driven air brings you more ways to cook, more foods to taste, more flavors to enjoy. For the Jenn-Air dealer nearest you, see the Yellow Pages, call toll free 800-428-1825, or write Jenn-Air Corporation, 3035 Shadeland Ave., Indianapolis, Indiana 46226. Also available in Canada.

The Jenn-Air Grill-Range.

®A Magnificent Cooking Instrument

Ready To Build?
You Need BUILDING
A House&Garden Guide

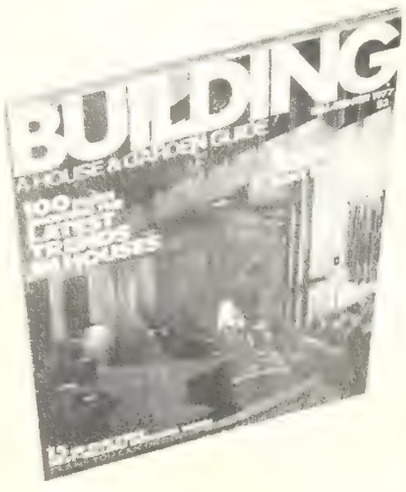
Decisions. Decisions. Building a house demands plenty of them. While the Building Guide can't make them for you, it can help by increasing your understanding of the options. Included in the Fall-Winter 1977-78 edition are ingenious thoughts on building on a budget...today's architectural directions...a section of traditional and contemporary houses that reflect today's lifestyles... new products...and 16 houses, plans for which can be ordered by mail. It's packed with information, full of ideas. Reading the Guide is almost as essential as setting your cornerstone. Ask for it now at your favorite newsstand or write for it at the address below.

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HOUSE & GARDEN, Dept. BG '77
P.O. Box 1910, Grand Central Station
New York, New York 10017



Lights up, energy down
continued from page 82

80 percent of the energy an incandescent bulb uses produces heat, the other 20 percent light



output is imperceptible to all but the most sophisticated instruments. Be sure the dimmer can be turned off completely, otherwise it will draw a little current all the time, reducing your savings. An added benefit with dimmers is that they extend the life of a bulb, because it is operated at reduced voltage.

Incandescent lighting creates highlights and shadows that give depth and variety to a room. Its warm color quality is flattering to skin tones and gives a feeling of coziness. A combination of the diffuse light of fluorescent and the highlights and modeling of incandescent produces a very pleasant environment. Deluxe Warm White and Incandescent/Fluorescent blend well with incandescent bulbs.

When you're making a lighting plan, think first of what light should do for you, then decide whether it should be incandescent or fluorescent, and finally select the fixture. You'll need light to read, write, sew, cook, shave, or makeup by—what's called task lighting. Usually shadow-free task lighting is preferable, but directional light will help you see wrinkles when ironing. Study desks generally need 200 watts. Incandescent lamps certified by the Better Light Better Sight Bureau provide the right quality and quantity of light for studying. Look for the BLBS tag. A fluorescent tube at least 36 inches long (the length determines the wattage) located 9 to 12 inches from the front edge and 15 inches above the desk will also do the job. A 150-watt bulb or its equivalent is needed for reading or handwork. Small directional high intensity lamps are excellent supplements when you need extra light for a demanding task like fine needlework but don't want to overlight the room. Most table and floor lamps are incandescent, but manufacturers are developing ones that use circular and U-shaped fluorescent tubes.

You will also need general or ambient lighting—a soft background brightness that reduces contrast between the lighted task and the surrounding area and minimizes eye fatigue. It also makes a room seem larger by smoothing out the peaks and valleys of brightness. General lighting can be supplied by a diffusing ceiling fixture—incandescent or fluorescent. One ceiling fixture in the center of a room may provide a high level of illumination throughout, but it is far less pleasant than a series of several light sources distributed through the space. Brightness overhead creates a brisk, worklike atmosphere; light reflected from walls is more flattering, because shadows are softer. Research indicates that a room with the walls lighted and the ceiling in darkness seems the most pleasant, comfortable, and relaxing. To light walls, you might use fluorescent tubes behind valances or curtains, or concealed in coves or cornices around the room. Incandescent light can be bounced from the walls or ceiling with a variety of fixtures—wall-washers on lighting track or recessed in the ceiling, low-wattage floodlights in cans on the floor, wall sconces.

Accent lighting focuses attention—on a plant or a painting or a collection—and gives variety with dramatic highlights and shadows. Accent lighting is usually directional and incandescent. Track lights, eyeballs, recessed downlights, surface-mounted cylinders, bullets, and uplights can all be used. Lightolier's new miniature track for small fluorescent tubes or low-wattage incandescent bulbs lights shelves and cabinets effectively, yet uses very little energy.

A word here about low-voltage or 12-volt lighting. Individual 12-volt bulbs are more efficient than 120-volt bulbs. Track light attachments or fixtures with the transformer built in are excellent energy savers for highlighting art or creating a small focal point. However, an overall 12-volt system is not as efficient as a 120-volt system. Transformers are needed to reduce standard 120-volt house current to 12 volts to operate the bulb. Voltage loss due to line resistance reduces the efficiency of the bulbs in direct proportion to their distance from the transformer. Having transformers at each light wastes both materials and the energy needed to manufacture them.

ENERGY SAVING IN TERMS OF DOLLARS

Replacing incandescent fixtures with fluorescent fixtures saves you watts and dollars.

If you replace these incandescent bulbs	with these fluorescent tubes	you save per year*
two 60W bulbs	one 32W Circline	$8
three 60W bulbs	one 22W and one 32W Circline	$10
three 60W bulbs	one 40W U lamp	$14
four 75W bulbs	two 40W U lamps	$23

**based on five hours of use per day at 5 cents a kilowatt-hour. Data from Lightolier.*

Using the kitchen as example, here's the way you go about developing a lighting plan. Task lighting is the first consideration. You'll want a light at each working area, so you don't have to work in your own shadow. Single fluorescent tubes,

Continued on page 222

To your kitchen with love.



Cooking is a labor of love. Cleaning up afterward is just a labor.

With this thought in mind, Whirlpool dedicates this beautiful smooth-top range to you and to your kitchen.

You see, at Whirlpool we believe that if we think of you when it's time to design a product, you'll think of us when it comes time to buy it.

Notice the cooking top. It's more than beautiful. It's a dream. A single, smooth ceramic surface. Spill-overs can't flow through into the burners. It eliminates one of the messiest jobs in your kitchen.

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Notice the Cabinet Mate™ design. Mealtimer™ clocks. On conventional models, Spillguard™ tops and lift-up tops. All designed to make cooking more fun and less work.

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"Elevette"

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Hoboken, N.J. 07030

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State _____ Zip _____

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BLOWING HOT OR COLD

Fans CAN HELP YOU MAKE ENERGY SAVINGS

BY VERONICA McNIFF

Fans of all kinds are being rediscovered today as a valuable supplement to air conditioning and heating. One reason is they are energy conscious. The smallest fans burn only the equivalent of two 100-watt light bulbs per hour, and if your local electricity rate is 5 cents per kilowatt hour, this means such a fan costs you about 1 cent for every 60-minute use. In the case of attic fans, which consume the energy of five or six 100-watt bulbs per hour, your cost might run to a nickel. Thus, learning to use a fan effectively can help you lower total household energy bills, while maintaining personal comfort levels in winter and summer.

Quite simply, fans are air movers. They do not refrigerate air, as air conditioners do, nor can they remove humidity. There are basically two types. **Ventilating fans** either expel air from the house to outdoors or vice versa. **Circulating fans** move the existing air in a room in a pattern of currents that evenly distribute heat or cool.

In summer, by passing air currents over our skin, and thereby speeding up evaporation, fans cool us. This is because our bodies throw off heat by a process of evaporation—i.e., we sweat. The more rapidly this skin moisture is removed, the more efficiently the body can cool itself. In *winter*, circulating fans can be used to draw hot air out of one space into another, to pull down warm air from ceiling to people level and to utilize hot air that otherwise might be wasted or vented outdoors.

Hot air problem solved



Once you realize fans pull in air from behind and propel it forward at greater speed, there are many different ways you can utilize this technique to direct the air in your house.

For instance, do you have one room that gets lots of sun? A window-mounted ventilating fan can be used instead of an air conditioner in this space. It should be installed preferably at a strategic point opposite the door. When the door is open and the fan turned to exhaust, it will draw off hot air to outdoors while bringing in cool air through the door from cooler parts of the house. If you don't want to permanently install a window or wall-through ventilating fan, you can use a portable fan in a similar way. Place the fan with its back to the heated room and open the window. It will draw off the heat and expel it outdoors, so cooler air flows through. If the room has several windows and doors, open them to set up a cross-ventilation pattern that takes into account the wind direction: This will boost cooling. If the room has an independent air conditioner, you will get more out of the unit if you use it with a freestanding fan to distribute cool air through more than one room.



Cooling off the attic

In attics and bedrooms, where heat buildup is very noticeable in summer, utilities such as Con Edison have good words to say about the use of attic fans. It has been estimated that use of one may reduce your air-conditioner's energy draw anywhere from 10 to 30 percent. On a 95-degree day, attic heat may reach up to 150 degrees, but an attic ventilating fan permanently installed near the roof peak, with air intakes in the eaves or in the gable sidewall, may at least keep the temperature at outdoor levels, while cutting down on heat transferal to lower floors. On a relatively dry, warm summer's night, an attic fan installed *between* floors to draw off heated air from the house into the attic may be all you need for cooling your bedrooms. Open windows before going to bed so that as day-heated air rises, it is followed by cooler air entering the bedroom level. If you have an attic ventilating fan, you can still get this cooling effect by opening the attic portal.

Winter is fan time, too



One of the most interesting aspects of using fans concerns winter use. Surprising, until you remember that heat rises. This means warm air collects under the ceiling where it does very little good at all. What's needed is heat distribution. You might set a portable fan, faced slightly upward and diagonally to a wall, at low speed to produce a very gentle breeze, just enough to stir the air, not to chill. The propelled air currents will bounce off surfaces at an angle, shepherding ceiling height warmth as they go. If you've any doubts about the efficacy of this, record baseboard and ceiling height temperatures on a cold day. The difference, depending on room height, can be as much as 20 degrees.

Ceiling fans can be installed in rooms

Continued on page 90

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Bird & Son, inc., E. Walpole, MA 02032

Please send me your newly revised, idea-packed booklet, "What you should know about roofing and siding before you build or remodel." I enclose 50¢ in payment. I am planning to:

☐ build ☐ remodel.

House & Garden—Sept. 1977

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Send me free information on Caradco's energy-saving wood windows and patio doors.

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continued from page 88

with higher than 8-foot ceilings, firmly anchored to a ceiling beam or reinforcement bars. They are not very efficient air movers, however, due to their location. But they can be useful year-round and they are attractive moodmakers.



How fans spread heat

Fans can help you get the most out of the heating system you have in winter. For example, in an older house, a tiny room may have two radiators, while a larger room, just one. To spread the excess heat in the small room, place a portable fan, set at low, by the door to draw off the warmth and propel it toward the cooler area. This idea can be used with the old-fashioned linen cupboard, built around hot-water storage tanks. You may even decide it's worth installing a small ventilating fan permanently in this location, if, say, the cupboard is on a cold hallway or room with a northern exposure.

Blowing hot air in the basement

When we devote so much thought to getting the most from our heating, it's disappointing to learn most furnaces waste up to half their fuel's energy potential. Much is lost within the system itself, but a stack economizer fan system added to the furnace can help by channeling hot gasses from the motor into a duct. Here they are redirected back into the basement, instead of being vented outdoors. This helps the basement area stay warmer and drier, making it possible to dry clothes on a line perhaps, and cut down on drier loads. In addition, heat may be referred up into the house through the basement ceiling. Since our bodies feel warm on cold surfaces from 6 feet away, the slightly warmed flooring contributes to your general sense of well-being.



Humidity and comfort

Two other pieces of comfort control equipment—whi stretching it a bit—could b called glorified fans. A humi ifier, or its opposite number, dehumidifier, could be a us ful step towards lower fu bills. This is because relativ humidity has such a stron effect on our perception comfort—heat or cold. If yo can dehumidify heat on summer's day, you may com fortably tolerate higher i house temperatures than yo are accustomed to. Damp a makes you feel hot becaus the air is so saturated wit moisture that it prevents yo from throwing off body moi ture. If, on the other hand, i winter you put moisture int the air, you'll be warm enoug indoors at lower temperature than you previously consid ered adequate, because th moist air is retaining bod heat. As long as the humidit ranges from 40 to 60 percen when the thermostat reads 6 degrees, you'll probably fee perfectly comfortable. In ad dition, each degree lowere represents a decreased energ draw of 3 to 5 percent. A de humidifier may be particularl useful in the basement i summer, making this space more comfortable place t live or do chores. It can hel prevent mildew condition starting up and ensure tool do not become rust prone.



How do you know what to look for when buying a fan?

Fans are rated by the numbe of cubic feet of air they move per minute. To make sure your choice will circulate ai within a room or ventilate it adequately, find the area's cubic footage by multiplying length by breadth by height. A room 10 by 20 by 10 would total 2,000 cubic feet. The fan should circulate or exchange this in about 3 minutes, so divide the cubic foot total by three. Thus for a 2,000-cubic-foot room, the fan should move from 600 to 700 cubic feet per minute. As a rule of thumb, a 10-inch fan moves 800 to 1,200 cfm; a 12-inch fan, 1,000-1,200 cfm; a 16-inch fan, 1,200-1,800 cfm, and a 20-inch fan about 1,400-

(Continued on page 169)

Kelvinator knows what you want: A washer that takes less of your laundry day, because it takes more of your laundry. OK?



Dennis James speaks for Kelvinator.

"Ah, your kids. They make you so happy. They make you so proud. They make you so much dirty laundry. It's enough to cause most mothers to leave home for their nearest Kelvinator dealer's showroom.

Do it! Because that's where you'll find the big-capacity, heavy-duty washers. They take 18 pounds of kiddie litter at a crack—so instead of having to do one load after another, you may only have to do one load, period.

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So their controls are specially color coded. You can see at a glance where to set your washer for its most economical operation.

And if you've got a small family or limited space, Kelvinator also makes compact 10-pound capacity washers and dryers. They're portable, stackable, affordable.

Like I always say, Kelvinator designs washers and dryers for the way you want to live today. So how about it? Spend a little time in your Kelvinator dealer's showroom now.

And spend a lot less time in your laundry room from now on. OK? OK!"



KELVINATOR ENERGY SAVERS

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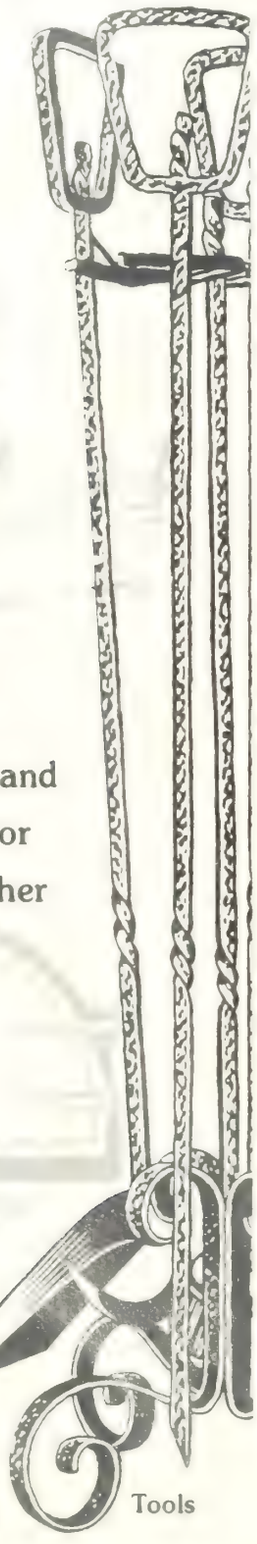
Tobago: [illegible] with back-to-wall [illegible] **Barbados:** 5' bath and shower module in New Orleans Blue. **Bimini:** Pink Champagne, 32" x 60" to fit through most doors. **Trinidad:** [illegible] shower case. Shown in Harvest Gold.

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Tools

READING UP ON ENERGY

Solar book list

If you're interested in putting the sun to work in your house, here are books to give you the basic principles and latest developments. And to help you find products, technical information, and architects and designers experienced in the field.

Solar Age magazine has just published one of the first comprehensive catalogs of solar products and solar businesses, architects, engineers, and consultants, with articles by solar experts to help pass on the knowledge that should go with the hardware. **The Solar Age Catalog** is $8.50 from SolarVision Inc., 200 Main St., Port Jervis, N.Y. 12771.

If you are thinking about solar heat, you probably also need **The Solar Home Book,** by Bruce Anderson with Michael Riordan (Cheshire Books, Harrisville, N.H. 03450; $7.95).

Want to build a solar system? **The Food and Heat Producing Solar Greenhouse** by Rick Fisher and Bill Yanda (John Muir Press, P.O. Box 613, Santa Fe, N.M. 87501; $6.50) gives clear step-by-step directions for building your own greenhouse to produce fresh salad in December, and a little extra heat as well. Bruce Hilde used 1,500 beverage cans to build an air-heating collector against the south wall of his house. Then he wrote a **Construction Manual** (Northern Solar Power Co., 311 S. Elm St., Moorhead, Minn. 56560; $2) that details the process.

Several national and regional directories can help you find people to help. The Solar Energy Industries Assn. has a **catalog of solar industries** (1001 Connecticut Ave. N.W., Suite 632, Washington, D.C. 20036; $8). The New England Solar Energy Assn. has a new **Yellow Pages,** edited by Elizabeth Shaw, for solar people in New England (Box 121, Townshend, Vt.; $5). And the Florida Solar Energy Center has assembled a very complete guide to solar activity in Florida (300 State Rd. 401 Cape Canaveral, Fla. 32920).

If you're interested in what other people have done, William Shurcliff published pertinent details on 300+ houses in the final edition, the 13th, of his **Solar Heated Buildings: a Brief Survey** this spring (19 Appleton St., Cambridge, Mass. 02138; $12 postpaid).

Direct Use of the Sun's Energy, by Farrington Daniels, first published in 1964, reissued 10 years later in a new edition (Ballantine, $1.95), is still the basic text on the uses of sunlight. For more particular technical information, write for the solar list of publications by the National Technical Information Service, 5285 Port Royal Rd., Springfield, Va. 22161. ■

SANDRA ODDO

House & Garden energy index

Since 1974 House & Garden has been writing about the conservation of energy and the development of new energy sources. To help you refer to the information we've gathered, we've compiled the following list of the articles and of the energy-saving rooms and houses that we have published.

ARTICLES ON CONSERVATION OF ENERGY

January 1974
Page 24. Eight Steps You Can Take to Conserve Household Energy.
Page 70. How Soon Can Energy from the Sun, Earth, Oceans, and Air be Put to Work for You?

April 1974
Page 44. Notes of a Happy Housekeeper—Energy Conserving Tips.

January 1975
Page 26. The Energy Dilemma—A Progress Report: New Ways to Control the Energy You Use.

March 1975
Page 36. Firewood: Is it Efficient Fuel Today? Is it Ecologically Sound?

May 1975
Page 48. Time, Energy, and Money-Saving Tips: 21 Remodeling Ideas from Experts.

August 1975
Page 16. Time/Energy/Money-Saving Tips: Getting Energy, Putting it Back.

September 1975
Page 38. How to Watch Your Watts: Controlling Your Light Bill.

October 1975
Page 16. Time/Energy/Money-Saving Tips: On Keeping Heat Inside, Where it Belongs.

November 1975
Page 14. Time/Energy/Money-Saving Tips: Electric Car; Winter Warming Tricks.

March 1976
Page 42. Energy Update.

May 1976
Page 76. A Lighting Expert Tells You Electrifying News About Your Light Bill.

May 1977
Page 102. Insulation—Making Your House Snug; prevent heat loss, reduce fuel consumption.

July 1977
Page 38. Give Your House an Energy Update; how a systems engineer can help.

August 1977
Page 76. Solar Energy and You; tax breaks, technology updates.

Continued on page 219



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Turn an extra room into an extra-ordinary place to be yourself.

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Georgia-Pacific Corporation,
Portland, Oregon 97204

HOW MUCH INSULATION DO YOU NEED?

WHERE? SOME NEW SERVICES HELP YOU FIND OUT

New custom-made computer studies and a new branch of photography that uses infrared rays (see page 136) to reveal leaking heat may be able to give you the information you need in deciding what energy conservation measures will work best for you.

The York division of Borg-Warner Corp. offers a service it calls Y.E.S., the York Energy Saver computer analysis, to evaluate which course of energy-conservation-action will save you the most. Local York dealers will provide questionnaires to builders, who fill in the necessary data on specific houses. York adds weather, solar data, and data on insulating efficiency and runs the whole thing through its computers. The result will indicate to your contractor which of the usual options—storm windows, ceiling or wall insulation, color of roof—makes most money sense.

Enercon Associates, 352 Welchs Point Rd., Milford, Conn. 06460, will also evaluate house energy-loss. For $25, it will send a nine-page audit form; you fill it out, return it, and in return get a detailed analysis of where your losses are and what you can do about them. The questionnaire helps—it forces you to give a good look at your house.

The Johns-Manville Insulation Center, Drawer 17L, Denver, Colo. 80217, offers a free computer analysis, after you complete its comprehensive questionnaire on the present state of your house, your fuel costs, etc. The company sends you the original print out and forwards a copy to the dealer nearest you.

THERMOGRAPHIC SERVICES

Here is a partial listing of thermographic services—many of them use the AGA Thermovision System 750. If you don't see your area here, write the AGA Corporation at 550 County Avenue, Secaucus, N.J. 07094 for a company near you.

Thermotest, 1 Elizabethtown Plaza, Elizabeth, N.J. 07207; service begins in October in areas within a 75-mile radius; strictly night work, from $25 up, depending on number of houses to be photographed in an area, for thermograms and a report.

Infrared Energy Consultants, Inc., 6897 Gillis Rd., Victor, N.Y. 14564; covers most of New York state, now servicing Buffalo, Rochester, Syracuse, and Binghamton within three weeks of call at no extra charge. They begin day and night scanning in September, at $85 for both interior and exterior photography. Homeowner receives analysis including explanation of the method, instructions on interpretation, data sheet with environmental conditions on the day of the scan, 6 thermographs, and normal photographs.

Infrared Inspections, Inc., 7985 South Division, Grand Rapids, Mich. 49508; services all of Michigan, $70 per house, exterior scanning only, client receives 6 thermographs and a report.

Energy Conservation Consultants, Inc., 9001 E. Bloomington Freeway, Bloomington, Minn. 55420; covers entire state of Minnesota through contractors; closer to Bloomington, 1-1½ hours for an interior scan of houses with metal, aluminum, brick, or stucco siding, for $79; 30-45 minutes for exterior scan of houses with wood or other sidings, for $59; gives an analysis and 4 to 8 pictures to homeowner.

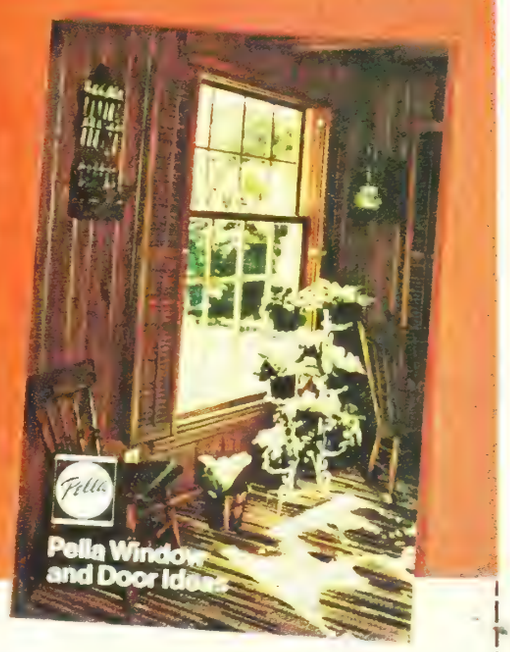
Energy Scanners, Inc., 831 W. Moreland Blvd., Waukesha, Wisc. 53186; covers area south to Illinois border, west to Madison, and as far north as Green Bay; expanding in 6 months to include all Wisconsin and northern Iowa, northern Illinois, northern Indiana, and lower Michigan. The cost ranges from $60 to $125, determined by square footage—the number of infrared and normal photographs taken increases with the size of the house. Every scan includes a three-part written report: summary plus comments, documentation of photographs, 30 pages on how to remedy problems yourself.

Infrared Scanning, Inc., 8419 Quivira Rd., Lenexa, Kans. 66215; services all Kansas, parts of Missouri, Oklahoma, Nebraska; cost is $65 for exterior scanning, $75 for interior, for houses under 2,000 square feet—individual rates for larger houses. Client gets 4 to 8 infrared photos with an explanation/analysis.

Solar Solutions, Mill Village, Route 20, Sudbury, Mass. 01776. Its range of operations is all of eastern Mass., parts of Rhode Island, almost anywhere within a one-hour radius of Sudbury. Exterior scanning only, of all available elevations, average cost $50. Homeowner must pay $2 additional for each infrared photograph, but a report is sent to him with an outline of any trouble area and general recommendations. ■

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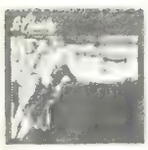
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Wonderfully informative booklets are ready for you right now, to help you get started on your own exciting home improvement projects. The booklets, catalogues and brochures described below and opposite are offered by many of the advertisers whose messages appear in this special section; they'll be invaluable to you in your planning. Order them now, directly from House & Garden; just fill in and mail the coupon below. Orders will be filled as promptly as possible.



1. FASHION KITCHENS. Beautifully illustrated color booklet from the St. Charles Manufacturing Company offers you a preview of its versatile kitchens. Each kitchen, from color to cook tops, is custom treated to match the house and needs of the family living in it. $3



2. MAJOR HOUSEHOLD APPLIANCES designed for the way people want to live today: "Space-saver" laundry, air conditioner, refrigerator-freezer, dishwasher, electric range are all shown in this color brochure from Kelvinator. Model number information chart given.



3. CREATE YOUR OWN COOKING CENTER. The Jenn-Air portfolio offers you a variety of possibilities: deluxe ovens, grill range combinations, countertop grill ranges, deluxe char-flavor grills, cooking cartridges, plus many unstereotyped accessories. All with maximum flexibility and no overhood to worry about.



4. PLUNGE INTO THE GOOD LIFE . . . a Gold or Silver Medal pool from Spartan. Elegant. Beautiful. Pools designed, manufactured, and installed to endure. The "good life"—it begins with Spartan's delightful, informative, color booklet.



5. MODERN HOME LIFTS. The Inclinator Company of America's consumer literature illustrates a variety of types. Elevette—the contemporary home elevator, Inclinator—the convenient two-seat stair lift, and Inclinette—the economical single-seat stair lift.



6. CUSTOM WROUGHT FIREPLACE TOOLS & EQUIPMENT. Folder illustrates hand-forged wrought-iron screens, including glass, to fit any opening. Custom Wrought Products.



7. "YOU CAN DO IT YOURSELF." A handy booklet for every homeowner to own. Paneling need restoring, charcoal grill rusting, windows need sealing, drains clogged, windows and door frames need caulking? DAP offers this booklet to help keep your house well-tended.



8. BRING ANY KITCHEN UP-TO-DATE. The Tappan full line of quality-built appliances includes gas ranges, electric ranges, microwave ovens, dishwashers, refrigerators/freezers, trash compactors, food waste disposers, and range hoods. Model numbers and dimensions included in booklet. 25¢



9. ENERGY-SAVING WOOD WINDOWS AND DOORS. Thirty-two page booklet illustrates Caradco's line of Carclad casement, awning and patio doors. Detail specifications include information on construction, weather stripping, screens, etc.

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Circle the number of each booklet on this (and facing) page that you want, and enclose check, money order or currency in amount indicated for those requiring payment. Add 50¢ for postage and handling. No stamps. Allow up to four weeks for delivery.

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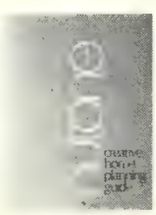
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10. BRILLIANT COLORS burst from these 36 pages showing the liveliness of Tru-Test Paints. Paint can do things for your rooms—blue can beautify, red can dramatize, green can calm them. Helpful hints for color planning. Includes popular House & Garden Colors. Cotter & Co. $1.50



11. CREATIVE HOME PLANNING GUIDE is designed to give unique ideas for remodeling or building. Well illustrated booklet accompanies a Home Security Guide to help you protect your family and property. Planning Guide covers all areas of the home including lighting recommendations. Nutone Division, Scovill. $1



12. NEWEST NO-WAX FLOOR PATTERNS of cushioned vinyl in a wide variety of colors and styles are shown in this brochure. Room scenes show how this top line of flooring actually looks in the home. Decorating hints for kitchen, bath and family room are included. Mannington Mills, Inc.



13. KITCHEN AND LAUNDRY APPLIANCES in nature's hues, "The New Naturals" from General Electric. Choose from almond or one of the five other "New Naturals" colors, all in high-gloss finish and all designed for maximum decorating versatility. 15¢



14. "WINDOW MAGIC." The newest edition of this booklet contains full-color photos of room settings, hints on decorating with Levolor blinds, and do-it-yourself instructions for laminating and painting designs on these custom blinds. The brochure is filled with pictures of distinctive interiors by well-known designers. 50¢



15. "FOCUS ON FLOORS"—a practical guide to decorating from the floor up. This 12-page full-color booklet features decorating tips for kitchens, family and living rooms, bedrooms, foyers and hobby rooms. Includes entire section on do-it-yourself installation, a flooring glossary, plus information on cost and maintenance. From Congoleum. 50¢



16. NEW CONSUMER ROOFING AND SIDING BOOKLET. Information hungry consumers will treasure "What You Should Know About Roofing and Siding Before You Build or Remodel"—new 32-page booklet packed with ideas, advice, and illustrations. Bird & Son, Inc. 50¢



17. NEW IDEAS WITH WOOD WINDOWS. Pella Rolscreen windows and doors are as beautiful as they are easy to maintain. Colorful booklet illustrates how Pella designs add distinction to any house.



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The recliner that thinks it's a chair.



Upholstered pieces by Berkline feature ZEPEL

Wallaway by Berkline is the evolutionary ultimate in reclining. Wallaway's fashionable lines eliminate the ugly bulkiness of recliners.

Sitting close to the wall, it never has to be pulled back and forth; Wallaway glides forward as you recline, without endangering what's behind it.

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At the 1906 spring recital, triangle player Eva Schmatz thought the fourth movement would give her the perfect opportunity to sneak a cigarette. It was Beethoven's Ninth Symphony, Eva's last.



You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Dec.'76

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Color has the astonishing power to change the size, shape, temperature, and feeling of a room. For instance, in a light room, if you paint a low ceiling dark you raise it. If you paint a dark wall yellow, the room opens up. A sky blue wallpaper cools the air. A rosy print will make any room romantic. Color isn't just something to look at, but something to experience. It can lift your spirits, warm you up, stimulate or relax you. Color can do all these things with minimum effort and expense.

In this special guide-to-color issue, we show wonderful new ways for using surefire white, the brightener; pink, the flatterer; and green, the refresher. New fabric and wallcovering patterns, that work well with each other so you can mix and match with confidence. You'll see how House & Garden Colors for 1978 are better than ever for solving problems. With so many foolproof color ideas, you'll find color can be a powerful ally in making life more workable and living more attractive.

COLOR DECORATING ENERGY

16 fresh and foolproof ways decorators suggest you use color now

"You can use color two ways. First, you can fill a room with several colors and use them repeatedly. If you have a room with yellow walls and a yellow, green, and red patterned chintz for curtains and upholstered furniture, you might trim throw pillows in solid bands of yellow, green, and red. Add painted furniture, say a red-lacquered end table, a yellow desk, and a green cocktail table. Second, if you want a room with one allover color, choose a neutral color and accent it with one contrasting color—some color you love. For example, in a cream-colored room with a creamy rug, you might want to use cinnamon red." **Mark Hampton**

"Use intense colors as accents against natural backgrounds—perhaps a deep blue in an off-white room. Use off-colors, too. Mix purple-reds and orange-reds to create excitement in an all-red room."
Ruben de Saavedra

"In a room with irregular beams and angles, try a monochromatic color scheme. If you paint the walls and ceiling the same color, say beige, it will wash out all the architectural irregularities. For everything else in the room, you can use anything from white to chocolate brown." **Richard Hare**

"Here's a fresh way to do a blue and white room. Use a high gloss white marine paint for the walls and ceiling, and fill the room with white canvas furniture. Then use window blinds that are white on one side, blue on the other. Bleach and stain the floor blue, too. For a special touch, bring in blue and white delft porcelain.
Joseph Braswell

"Use areas of color instead of spots of color in a room. For instance, paint walls apricot, ceiling sky blue, and the floor a sand color. Or even chocolate brown walls, with an apricot ceiling and a sand-colored floor."
Eugene Lawrence, Trade Winds

"Color can create an architectural look. To do this, use shades of one neutral color throughout the room. For instance, if you choose butterscotch, use it on the walls and ceiling and then fill the room with furniture, rugs, and accessories that range in color from creamy white to the deepest butterscotch." Melvin Dwork

"Some colors are surefire to use: pale yellow, because you can use so many other colors with it, and a rosy 'blush' background with lots of beiges and browns as accents throughout the room." John Robert Moore

"Use color to create atmosphere. For example, cool down a coral room with accents of gray blues and whites. Or warm up a room with ice blue walls and carpeting with yellow curtains and upholstered furniture."
Marta Kramer, Lord & Taylor

"Provide color with natural materials—terra cotta, sisal, straw, camel's hair, ivory, parchment, stone. The color in each case is enhanced by the texture. For example, lots of pongee with gray flannel upholstery, a parchment table, and antique ivory lamps and accessories." Robert Lewis

"Think of color bright or pale. Primary colors—bright red with bright yellow—used together will create a dramatic effect. Or creamy colors, used to set off important pieces of furniture, like a background of soft buttercream with white trim." **Gary Crain**

Now you can work wonders with the most potent decorating tool at your command: Color. Pure color, color in pattern, color used deliciously to mak rooms come alive. Starting here, som foolproof ways you can use color to lead the eye, set a mood, and create the appeal you're after

BEADLE

Flowers are foolproof...

And so is white. Use them together and you've got a room that's a sure winner. In this year-round solarium (once a screened porch), Patino/ Wolf Assoc. used white for stucco walls, glazed tile floor, sailcloth curtains. The flowers bloom on white vinylized fabric. **Insert:** Lunch on a table that folds out to seat 12. Up 2 steps, a breakfast nook. Overhead, a 12-foot-square skylight.
Left: "Grandiflora" by Brunschwig.



FOOLPROOF DECORATING







PATTERNS

color in motion—instant comfort, instant coziness. You can do wonderful things with pattern: Star a single motif in a setting of solids; play a print only on the walls; or create a room of many patterns, like this charming chorus all living happily together. They are designed to mix in automatic harmony—all small-scale, all 19th-century documents, all in colors that mingle—so you can be the virtuoso

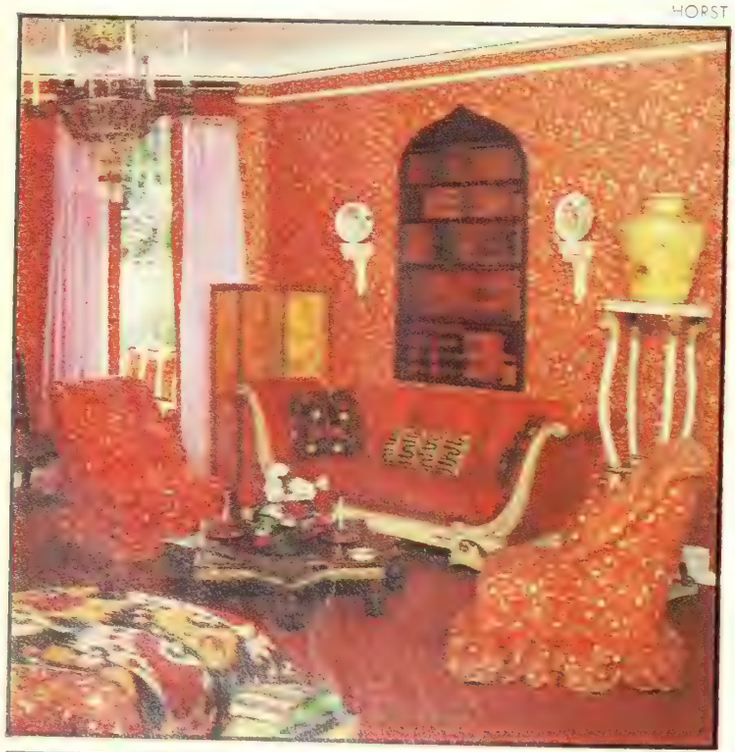
"It's the perfect—it's country prints in 18th-century designs by Marvin Agne... for Agnes Comtesse. The fabrics—the whimsical garden [illegible]—were inspired by [illegible]. "It's a way, style moves," says Mrs. Agne..., "with lots of colors and patterns all working together to make rooms warm and inviting." That's the power of her collection: "The fabrics add romance and dimension to an ordinary room," says Robert Denning, who designed it with Vincent Fourcade. Furniture at Denning & Fourcade. Stark carpet.

Patterns to mix: small prints that share their colors

PATTERN IS

instant atmosphere: With the stroke of a single small print, you can make any room cozy, unified, delicious to the eye. And see how, edged with borders and shocked with wonderful color like the pink taffeta curtains here, even a country berry pattern can be very polished

HORST



Right and above: More berries, this time in a sitting room wrapped in a red-ripened print and a wide border of two geometric bands sandwiching another berry print. Designer Mrs. Henry Parish II "wanted to show how Mrs. Agnelli's simple country cottons could be used with rich fabrics and ornate furniture to create a very elegant room." The Marella Collection is available now in America from Abraham-Zumsteg. Shopping information, page 166.

Make a point with one predominant pattern and color




CHINA



PATTERN IS

the young way to give any room a fresh appeal—especially when the pattern is an update of an English country garden. And especially when the price is right. The ones here are part of a versatile new collection of natural mixers. Try a color in several patterns, or a pattern in companionable colors. Trust your instincts—they're foolproof

[illegible] pieces for a start [illegible]. Take country-fresh fabrics and magnify one pattern for a stenciled floor. Sew up reversible curtains, a striped tablecover. Drape, tuck, and tie your own slipcovers. Cotton fabrics by Laura Ashley for Raintree Designs. Interior, Barbara Deichman of Bloomingdale's, where you can buy it all. Shopping information, page 166

Pattern for moderns: mini prints plus a stenciled floor

PATTERN IS

instant decorating with Laura Ashley's designs that you can buy in fabrics by the yard or already made up in things for the house

Irresistible, mixable, romantic prints at affordable prices—a present from Welsh designers Laura and Bernard Ashley. It all started twenty-five years ago in London: She was a mother of two with a passion for color and pattern. He was an engineer turned business man. They both longed for the idyllic countryside of their youth. "We spent our weekends living in antique stores and museums. And we thought, 'Why can't one buy these beautiful romantic things today?' Bernard built himself a hand-silkscreening press. We were in business." The fabrics are printed by machine now, but the entire output of their Welsh factory is shepherded every step by the Ashleys themselves. "Fabrics are no different from flower gardens. They need constant tending. And inspiration grows all around us—we'll bring technicians a flower from the garden and say 'This is the color we're looking for.' " Laura Ashley shops in New York and San Francisco import her fabrics (a selection, *right*) and wallpapers. Made-in-America Laura Ashley patterns by Raintree Designs are available in stores across the country.

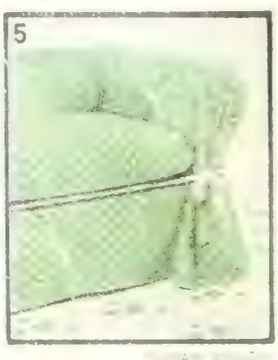


Living room on the cover, **1,** a valentine of Laura Ashley prints. **To make the reversible curtains, 2, 3:** For each window cut two green curtains, two yellow 1¼ times curtain-rod width plus 2 inches. Put a yellow and a green together, wrong side out. Seam on three sides. Turn right side out, finish. Fold over 2 inches, pin, iron in border. Remove pins, baste. To change colors, undo basting and reverse border. Valances reverse too, are stapled to board. **To make the simple slipcovers, 4, 5:** Tape-measure the chair or sofa to be covered, following its contours carefully, front to back and side to side from the floor. Seam together enough lengths to make a "dropcloth" 26 inches longer and wider than your measurements. Drape on chair, tuck in deeply around seat. Smooth, gather excess at corners. Secure with cord, bow tied at corner. Trim evenly, allowing for hem. Mark center, front, and back, on underside. Remove, hem, and replace. **Trefoil-trimmed "Clovelly" rug, 6,** of Anso nylon, here in a green bright as new moss. By Laura Ashley for Regal Rugs.















Romantic country prints to mix as you please



Country-fresh bedroom, 7, with "Swan Sea" comforter and sham by Countess York. Tiny flowers for the walls and cushion, "Guinevere" cotton by Raintree Designs. "Ashley Colorwise" rug of Anso nylon by Regal Rugs. **Shamrocks for lunch, 8:** "Clovelly" mats, "Guinevere" napkins by Leacock. Cute-as-a-button sewing box, **9.** A panoply of wall-coverings, **10;** *from left:* "Clovelly" by Raintree Designs, "Laura" by Kirk-Brummel, "Guinevere" and "Clovelly" by Raintree. **Green-shaded library—the Ashleys' own, 11:** "We're always home for tea, and this is where, in London, we have our Earl Grey. We wrapped the room in one of our leafy prints to bring the garden indoors. Bernard was in India with the army: hence the antique Indian chairs. The shelves are filling up with books—when I see a beautiful gold-tooled binding and glorious endpapers I can't resist." Shopping information, page 166.









WHITE IS

the space maker, color clarifier, bringer of light. Touches of white enhance room colors like pearls against skin. In quantity, white can be pure luxury—just vary textures and hues (creamy, grayed, and snow whites). And white stirred into other pigments softens without stealing their punch. Whatever your room needs, white has a foolproof solution



The news in black and white: graphic, dramatic

WHITE IS

WILLIAM P. STEELE

White furniture to temper intensely colored walls

For freshness, color on furniture cradled in white

Above: White is a catalyst. Two intense colors, violet and yellow, splash the walls, ceiling, and floor of this room with a vividness that might be a bit too heady were it not for the white furniture to soften the punch. The result, because white plays the peacemaker so charmingly, is a brilliant room without sting. Interior design by Noel Jeffrey for a designers' showcase for The North Shore Science Museum. Miró from Lillian Heidenberg Gallery. Mantel sculpture by Fred Eversley from Crispo Gallery.
Right: White, but not quite. When it's used as prodigally as it is here, white can take a drop of cream (pigment type) to warm it up. Spread over every surface of the master bedroom in an old house, warmed white fills the room with light and blends out its achitectural irregularities. A cheery flower print, very stylized, and quilted for comfort, makes little islands of pattern. More cheer—a file of bright red geraniums. Interior design by Mark Hampton for David J. Mahoney.



Left: White as color. Back in the nineteen-thirties it took an extraordinary decorator like Syrie Maugham to break with tradition and prove that a palette of whites can have all the variety and nuance of color. In this room, designed in and for the seventies, all contrast (except for growing things) is created by subtle differences in texture and weaves, and the faint, faint tints of the various whites—hardly perceptible, but they're there. Against this delicacy, the greenery has a dramatic emerald thrust that is pure electricity. Room by Michael de Santis. Plants, baskets by Linda Trinkle Wolf of *Interiors That Grow*.
Below, left: Gleaming like marble on a flowered floor, white furniture, even though it is made of leather and plastic, can take on the quality of sculpture. The romanticizer in this white room is a superb Bakhtiari rug, as exotic with stylized flowers as a Persian painting. Hassocks are covered with Kilim rugs, and the garden path goes right out into the hall where there are two more Kilims. Apartment designed by Ray and Maryann Larsen for themselves. Paints: Giorgio Cavallon, Lester Johnson. Plants, Peter H. Dunlop of Horticulture House.

To use whites only, blend a symphony of textures

TOM YEE





White to clarify color on floor, on walls

Above, right: An important facet of white as a decorating tool is its effectiveness as a frame. Here, three walls paneled in appliquéd landscapes put together like collages are framed in white from celing to floor. The collages have a view-from-a-window quality that transcends needle and thread. Natural straw matting covers floor *and* window shutters, where the straw has been cut into strips, glued to the shutters, and painted white: wonderful way to get texture. Interior design by Albert Etienne Pensis for W & J Sloane. Appliqué by Ava Bergman; cotton fabrics from Marignan.

PINK IS the color most flattering to any complexion—decorators say, a cosmetic color. As a background color, pink warms even the cool light of northern exposures and certain fluorescents. Pink is pretty—but don't think of it as a sweet (think of marble and old brick). Or think of it as a neutral, only with an extra blush of color. Now look again at your rooms. Couldn't they use a little pink appeal?



Some of history's most livable rooms, 18th-century French drawing rooms, were loaded with pink, and they were beautiful. Also very livable, this 20th-century American living room with its Gauguin-pink walls—a man's room, what's more, designed by and for himself. Ladies, naturally, love it: Pink is the spectrum's fountain of youth. With it, lots of white, a sisal rug, and an old French *lit de repos*. Interior design by Harrison Cultra of Cultra-Fairholme.

For pure flattery, pink is a natural

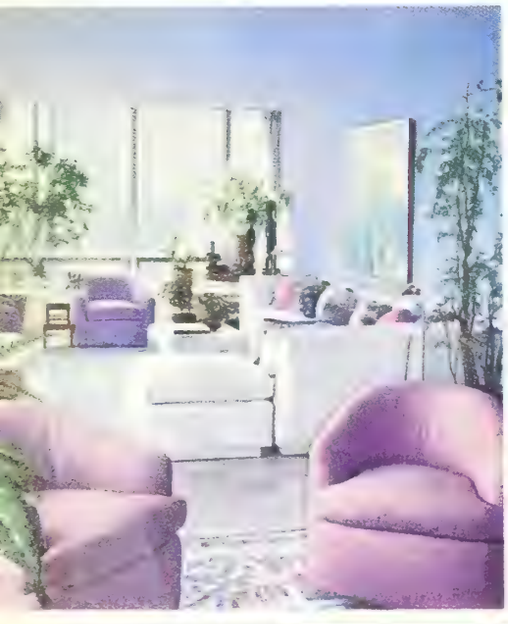


PINK IS

Right: Difficult to analyze, this is a warm pink—part peach, part salmon, part shrimp. The Chinese have always loved it for porcelain; women today love it for its caressing flattery to hair and skin—makeup on or off. There's a lot of the color here. Walls and bed are covered in the same cotton print, and because all color gains in intensity when used in quantity, the necessary "cooling down" is done with cream-white sailcloth for curtains and slipcovers—plus a few ice-blue accents. The design of the canopied bed dates back to about 200 A.D.—the reign of the Han dynasty in Northern China. By day it was used as a living platform. Family and guests sat on it, talked, and took tea. At night, the sleeping quilts were unfolded and the bed became a bed again. A very useful piece of furniture, which probably still exists in China. This one, updated a bit and made of rattan, comes from the Philippines. Interior design by Marta Kramer for Lord & Taylor at the 1976 designer's showcase for the White Plains YWCA.



Quiet pinks make a room easy on the eye



Above and right: Periwinkle, a blue tinged with violet (the color of these walls), is a flower child, at its best with something a little more intense than it is, but sparingly used. Here, it is the sharp raspberry-sherbet pink of two chairs, picked up in the rug and painting. Interior design by Georg Andersen of Georg Andersen Associates. Over one sofa, *right*, a painting by David Mauldin. Over the other, *above*, an Asoma landscape from the David Findlay Galleries.

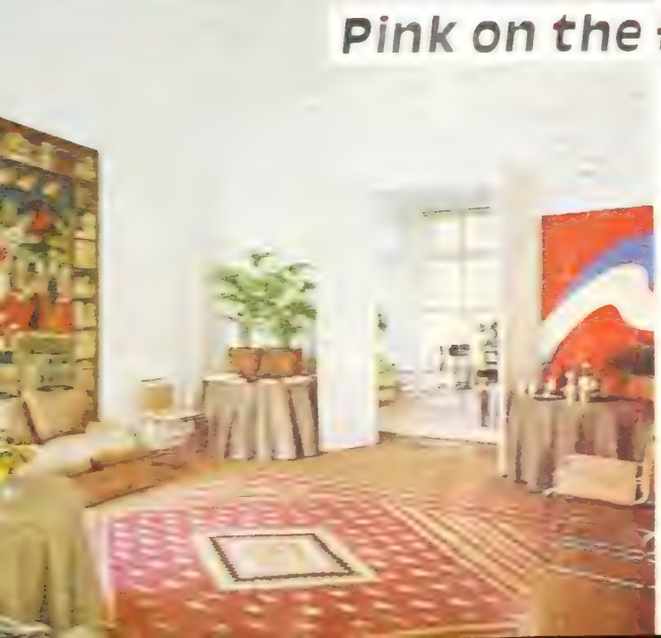


Sharp pinks, beautiful accents for lavender-blues

HORST

Pink on the floor, flattering as footlights





Above and left: The
living room/dining room
is rather grand in its
proportions, but the
furniture is
comfortable, inviting
and grand but not
overwhelming
[illegible]
[illegible]
arrangement.
Consequently
there are no dark colors
not much furniture and
[illegible]
mute to intense—some
pure, some softened.
Mr. Inbegaet. The living-
room rug, for instance
[illegible]
[illegible]
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FOOLPROOF DECORATING



WILLIAM P. STEELE



Fresher —Lacquer Green

A green so dark it looks like gem jade deepened to almost black (a color as old as ancient China where it first saw light), covers the walls and floors of this room like a beautiful and very practical blanket, concealing all the ravages of time in a very old house. There is only one window in the room, hence—for gleam and light—the wall of mirrored panels and a superb contemporary stainless steel bed. Interior design by Stanley Jay Friedman (he also designed the bed for Brueton Industries) for designers' showcases for the Kips Bay Boys' Club.

GREENS

refreshment, pure and simple. In nature, more shades of green turn up than of any other color. Green is wonderful with white, and friendly to the whole spectrum—as any flower can tell you. Greens are easy to live with—they're the link to nature we all need. And versatile greens can set moods from rustic to sharp modern. Or picture this: a living room full of whites against a wall papered with deep green ferns. It's foolproof romance





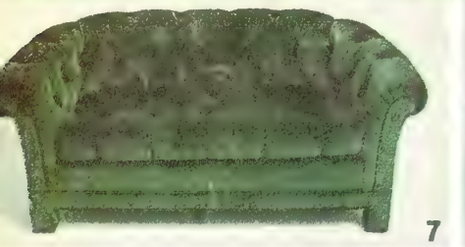




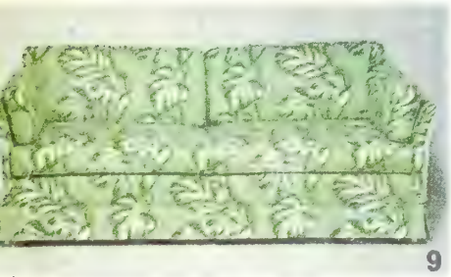
GREEN IS coming up all over, flourishing on furniture, in tablesettings, on pretty, gardeny things for bed and bath. We've chosen seven from our 1978 palette and named them Wintergreens. They're available everywhere, and all guaranteed fre

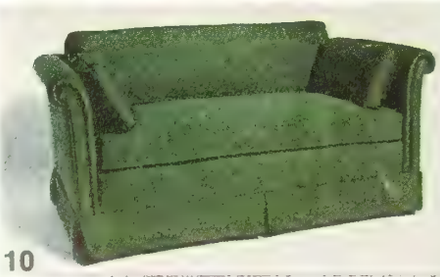














These are the greens, so fresh and versatile you'll want to use them everywhere. From darkest to palest: Lacquer Green, Green Mint, Ming Green, Persian Turquoise, Sweet Lime, Reef Blue, Seafoam Green. Here, a bumper crop of prizewinning Wintergreens. **1. Eat, drink, and shish kebab** on a Sweet Lime grill by Neosho. Green Mint stacking snack trays by Designworks. Reef Blue and Persian Turquoise cotton by Carleton V. White tablecloth screened in Green Mint. Anne Klein for Robinson & Golluber. Lacquer Green jug and Green Mint cooler by Thermos. **2. Sheet and reverse-print towel** full of scribbled grass in Green Mint and white by Martex. **3. Patchwork of greens** on a suede throw by Juan Behr. Pillowcase and Ming Green sheared towel, Martex. Sweet Lime basket by Rubbermaid. **4. Tropical leaves** by the yard: Lacquer Green and Sweet Lime on a Reef Blue cotton background, 54 inches wide. By Carleton V. **5. Grass roots cooking:** Brass-handled casserole, stockpot, and saucepan wreathed in Sweet Lime. Asta. Lacquer Green cookware, Le Creuset. **6. Portuguese earthenware** in Persian Turquoise and Ming Green. Country Floors.

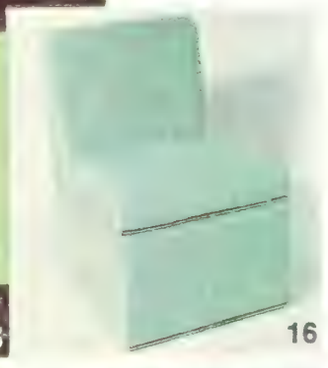

12


13


14

7. Plush buttoned loveseat dressed in Lacquer Green velvet. Ethan Allen. **8. Blossoming sectional** framed in Seafoam Green, by Lee. **9. Sweet Lime philodendron** climbing on a sofa with white glazed lacquer finish. Tomlinson. **10. Lacquer Green love seat** covered in shiny rayon and cotton. Hickory Chair. **11. Jolly Green Mint chaise** by Airborne/Arconas with a snack tray on its knee (see 1). Cooler by Thermos. Price-Walker pillows. Lacquered tray by Taitu. **12. Umbrella lamp** coiffed in ivy by George Kovacs. Below it, Green Mint "loot" box, magnified mirror, divided organizer. Wings Over the World. **13. Earthenware pansy plates** blooming in Reef Blue and Persian Turquoise. Villeroy & Boch. **14. Cotton fabrics** all in a row: Green Mint fish on white sailcloth. Lee/Jofa. Flowered chintz with a Reef Blue background by Stroheim & Romann. Panama palms on glazed Ming Green chintz with a Zepel finish. Brunschwig. **15. Tile two-step:** Sweet Lime and Reef Blue. By GAF. **16. Slipper chair** in Reef Blue cotton/rayon. Hickory Chair.


15


16


17


18


19

17. Blooming wing chair in Lacquer Green, Seafoam Green, Reef Blue, and coral. Henredon. **18. Green Mint and white wing chair,** latticed and flowered in cotton. Harden. **19. Wood and chrome open armchair** in waffle-textured Lacquer Green. Founders. Shopping information, page 166

FOOLPROOF DECORATING

DO IT WITH COLOR

House & Garden Colors for 1978 and how you can use them to solve your decorating problems. Whatever your room needs—higher ceiling, more space, a cozier look—color can create the feeling

Even people who work with color all the time are impressed with its power. Color gives rooms dimension and vitality—and designers know they can use color to lead the eye where they want it to go, to make walls seem farther away, windows larger, rooms taller. Color is a psychological reactor too, that can make a room feel cool, warm, aloof, inviting, or absolutely delicious. We asked designer Richard V. Hare to solve some of the most common decorating problems working with House & Garden Colors. Here are his solutions in drawings that show you graphically just how you can apply the principles to your own rooms. You might be surprised at how adaptable color is (notice, for instance, how cooling warm colors can be). Approach color with open eyes and an open mind; you'll see how it can work for you.





Right: When you want to give a small room the feeling of more space and more height, paint it white, the best light-reflector this side of mirror. But not the ceiling. Richard Hare suggests House & Garden's Seafoam Green or any muted pale-cool color that pulls the eye upward. To increase the room's visual height even more, the floor is covered with a Lacquer Green rug.
Left: Introducing the House & Garden palette for 1978, some of which appears here, the rest on the pages that follow. The three brand new colors are **Persian Turquoise, Dove, and Geranium,** which, although they have special personalities all their own, just happen to look terrific together. You can send for House & Garden Color Chips and use them just as professionals do. **To learn how, see page 92.**

RICHARD GIGLIO

Raise the roof with color overhea



DO IT WITH COLOR



Right: To open up a narrow room, gradations of color lead the eye around it horizontally. Here, Creamy Apricot is used full-strength for one wall, paled with two, four, and six parts of white for the other. And, deepened with a touch of Sienna it lowers the too-tall ceiling—as do the contrasting moldings. Richard Hare also suggests that by keeping the furniture all in one color family, such as the blues here, you unify and anchor the space in a narrow room. Use lots of tall objects, hang pictures high to equalize the wall space behind them.

Opposite page, top: To push up the ceiling, enlarge a small room, and bring in the feeling of fresh air at the same time: snow-white walls under a ceiling papered and bordered with a trellis pattern (here in Green Mint and white). You can find lots of trellis papers, and whether you prefer a color on white, or white against a color—say, blue, like sky—the three-dimensional quality takes your eye right out of reality. On the floor and at the windows, simple natural straw rug and blinds. Wicker chairs painted Lacquer Green.

Right: Who says only hot colors can create a warm atmosphere? Here, dark hues of cool colors make a bedroom invitingly cozy. Walls and carpeting are deep True Blue, bed and curtains Lacquer Green. It helps to use a lot of voluptuous, deep-textured fabrics like cotton velvet, corduroy, or man-made suede to give tactile support to the visual warmth. Cornice moldings, painted Lacquer Green, are extended to hold the bed-curtains that form a tent to keep out drafts.

House & Garden Colors for 1978



Use five shades to broaden a roo



Cool colors to warm things up



Color plus pattern gives ceilings a lift



Shorten the hall



Left: When you want to brighten up a dim interior space, really bring it to life with a fireworks color like the Bittersweet here. Great in small doses like nails, where you don't linger long enough to tire of it.
Far left: In a dark hallway, you can let a dark color lead you to light. Here, everything—floor, walls, ceiling—is painted dark Sweet Chocolate. Matching curtains are swagged back at the doorway to reveal a brighter room beckoning beyond.

Brighten a small space

DO IT WITH COLOR

Vanilla

Peach Blush

Seafoam Green

Chrome Yellow

Biscuit

Creamy Apricot

Sun



Open up space with three shades

"Darker tones in the corners frame the room, lighter ones in the center expand the space." Here, Richard Hare uses Sweet Chocolate for corner panels, lightens it with 3 parts white for walls, 6 parts white for ceiling. Sweet Chocolate floor is spatterdashed with paler tones and white.



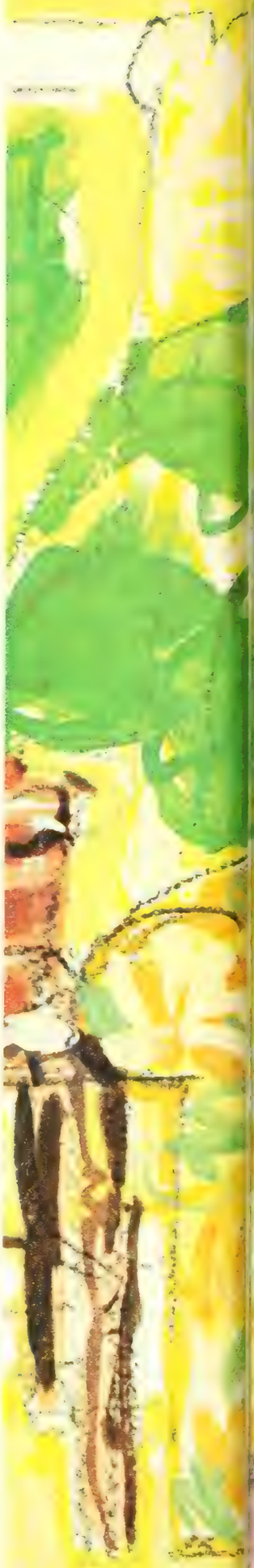
Make it cozy with one color all over

Take a small room with lots in it—windows, bookcases, fireplace, moldings—and plunge it all into one color you love, perhaps joyous Real Red. Paint *everything* the same, find matching carpet, fabric for a unified, cozy room.



Use a pale ceiling to give height

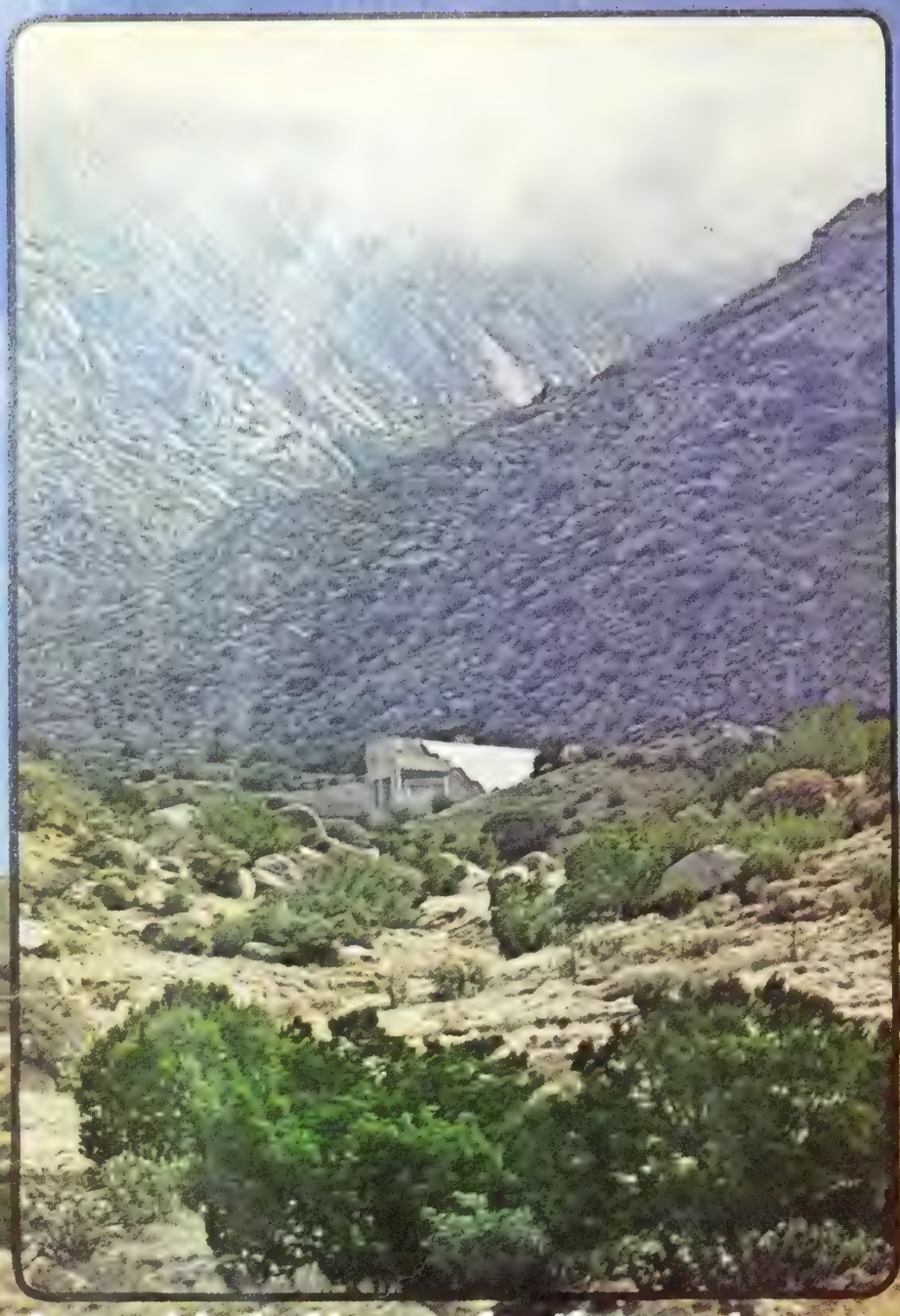
In a large room, dark Lacquer Green walls match a dark floor that recedes underfoot, then the ceiling soars with a pale expanse of cool color: Blue Sky taking your eye up . . . up.





Effective if unexpected coolers—warm colors in sherbety shades iced with lots of white. Here, Pineapple, Sun Yellow, Orange Peel used to make a hot southern room into a restful oasis. To increase the cooling, keep furnishings simple, floors bare, fabrics crisp to the touch.

Cool it down—but with warm colors



A new kind of house for the sun to run—
designed for conservation with comfort,
easy living, and honest good looks

Solar with style



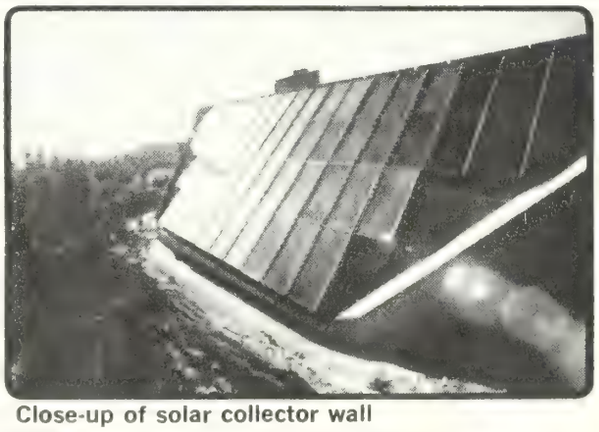
High in the windswept hills of New Mexico where the temperature often drops to 20 degrees, you come upon a house that rises from the landscape like a sand castle. But this castle has some modern magic—a solar-powered system that provides 80 percent of its heat. Architect Antoine Predock integrated the strong slope of the solar collectors into the geometry of his design, and surfaced the house with light-reflecting stucco that changes color to blend with landscape

olar with style

Natural comfort



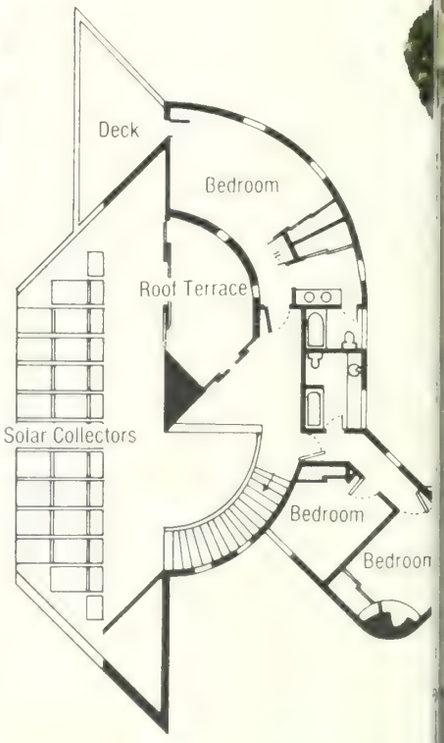
Above: When you step inside the front door, you can see through to the dining and living areas and right out to the view terrace beyond. The slant of the ceiling on the left expresses internally the slope of the solar collector wall. The 5-foot-wide staircase sweeps up to the roof terrace and the bedrooms.
Below left: Lowered wood ceiling fans out from the column near the fireplace to either end of the curved window wall.
Below right: The reading area is two steps down from the living area. Book shelves are built into the low partition.



Close-up of solar collector wall

Design and materials in this house work together for year-round comfort. The active solar system provides most heat for the house, the domestic water, and the pool. Glass-faced collector panels, which cover the sloping outside wall of the house, contain black steel piping connected to a backup sheet of black steel. A combination of water and antifreeze circulates through 900 square feet of solar collectors to the heat exchanger in the mechanical room. The heat collected is stored in a 6,000-gallon tank in an insulated area under the driveway. This active solar system added 20 percent to the initial cost of the house, but is expected to pay for itself in about 15 years. The slope of the collector wall is integrated into the design so it becomes part of the house's strong geometery. Good natural ventilation is built in—windows catch cool air and dramatic views, and to admit low winter sun, block summer sun.

Main level from entry



Above: Plan of the second level shows the bedrooms, roof terrace, and solar collectors. From the deck off the master bedroom you can see the dramatic view of the valley beyond. An area below the slope of the solar collector wall is used for storage.

eiling and floor levels define areas of the house







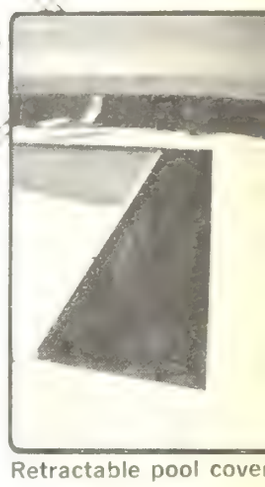
rved window wall on main level

Left: The deep recesses of the curved window wall prevent the hot rays of the high summer sun from entering the room without blocking the view of the sunset.

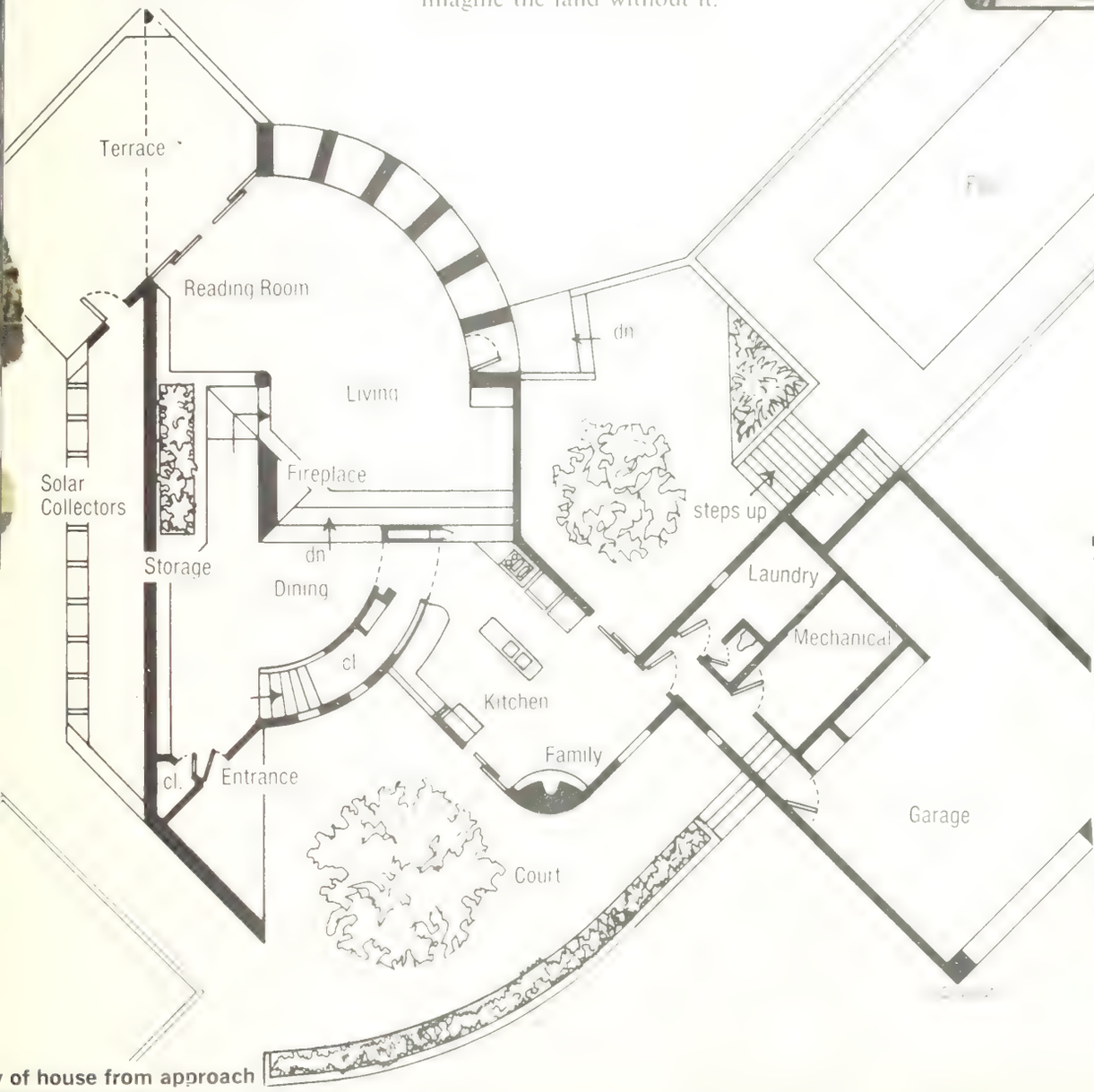
Breezeway down through the south terrace's sliding glass doors to the main level. The variety of outdoor areas lets you find or lose the sun at any time of day. For additional heat when it gets really cold, as it often does at this altitude, there are three fireplaces and a backup electric heat pump. The stucco finish on the outside of the house is applied to 8- or 16-inch-thick insulated reinforced concrete masonry block—this helps keep the house warm in winter and cool in the summer. The floors made of brick native to New Mexico absorb warmth from the low winter sun. Architect Antoine Predock says that he wanted to create a house that would be so much at one with the New Mexican landscape that it could not exist any place else. This house rises so naturally from the rugged terrain and is so well adapted to the climate that it is hard to imagine the land without it.

Terraced swimming pool





Retractable pool cover



Top right: The swimming pool juts out on a terrace just steps down from a deck off one of the guest bedrooms and up from the dining court on its left. **Above:** With the press of a button, the black vinyl cover operated by an electrically powered pulley system extends over the pool to collect heat and prevent it from escaping when the pool is not in use. **Left:** Plan shows how a variety of outdoor spaces were designed right into the house, so no matter where you are inside, the outside is only steps away. Building facts, page 169.

y of house from approach



Energy outlook

The latest ideas and newest ways to keep cooler in summer, warmer in winter, by using your windows wisely

Windows. The eyes of the house, lenses through which you see the world outside. Openings to the light, architects' darlings, salve to the shut-in soul and, depending on how they are handled, either tremendous energy thieves or able accomplices in energy conservation. How can you tell? And if your windows turn out to be bad guys, how can you reform them? Answers to three main questions can give you a clue to whether your windows are friend or foe: Where are they? What are they made of? How do you use them? Once you know, you can figure out remedies to problems, or start planning ways to help good windows work even better.

"Try a glass coating to bounce the summer sun back outside"

Where are they?

The best windows cooperate with the sun in winter and avoid it in summer. Since no sun falls on the north sides of buildings, windows there are useful only for daylight and/or the view. Don't discount daylight: One unit of electric light represents 50 units of fossil fuel necessary to produce it, so use of daylight is an easy way to conserve. But when the north wind slides across the glass in winter, it takes a lot of heat away with it.

To find north, it's easier to find south first. On a clear, bright day at solar noon—that moment exactly halfway between sunrise and sunset, times that can be found in most local newspapers—stand outside with a yardstick and a level. Hold the yardstick exactly vertical (check it with the level). The shadow it casts will be a north/south line.

Windows on the south are winter friends. The winter sun is lower in the sky than the summer sun and will come further into the house if it is invited. Professor F.W. Hutchinson at Purdue University built two houses, identical except that one had much more double-glazed window area. Both were left unheated during the winter of 1945-46. On a sunny January day when the outside temperature was 30 degrees, the house with less glass was 50 degrees inside, and the house with more glass was 80 degrees—but it plummeted when the sun set. From an analysis of this study, Hutchinson concluded that

Any method that stops the sun before it gets through window glass is seven times better at cooling than blinds and curtains inside

overall heat gain through double glass is greater than overall heat loss—and that keeping the heat inside once it gets there is the critical issue. In the summer, by the same token, south windows can turn into solar furnaces unless steps are taken.

East and west windows are ambiguous. Early morning sun is friendly but not very warm. Late afternoon sun may be unwelcome in summer; the day's heat peaks, on an average, around 4 P.M.

"Leave storm windows year-round on windows you don't need to open"

This is all very well, if you're building a new house and can place your windows as you please—but what about those windows you have? These two problems are caused primarily by location:

- Cold north-facing windows; a lot of heat loss.
- Overheating in summer.

They have a lot of possible solutions. You can:

- Consider blocking up north-facing windows in the winter with removable insulating shutters.
- Plan an overhang calculated to let the winter sun in, but to keep the summer sun out of south-facing windows. The overhang can be integral with the house or it can take advantage of the very helpful tendency of plants to lose their leaves in winter. A trellis covered with vines or a deciduous tree can create a leafy cool summer canopy that vanishes automatically when winter comes.
- Put up an awning.
- Use a glass coating to bounce the sun back outside. Scotchtint, a 3M product now available in stores in the Southwest, soon to be offered through Sears, Penney's, and Montgomery Ward, is a film that can be applied with a razor, a straight edge, a spray bottle, detergent, and a squeegee. It rejects up to 75 percent of the sun's heat, and it operates like a one-way mirror. During the day those inside can see out, but from the outside it looks like a mirror. At night the effect reverses. Although the film can be removed, it is best used on east or west windows, leaving the south clear for winter heat. Ten square feet cost $10 to $16; it comes in sizes up to 48 by 78 inches ($26 to $32).

How to take your house's temperature

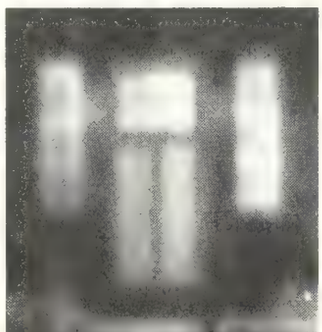
If you want to know just where the heat is leaking out of your house—and the cold in—there's a brand new and relatively inexpensive way to find out. Have its thermograph taken. Thermography, a new branch of photography, uses an infra-red-detecting camera to photograph your house. Hot spots, where inside heat is getting out, show up in inflamed pink; cool blue shows where insulation is doing its job. It can also pinpoint areas within walls where insulation was missed or installed improperly.

Companies offering thermography services are springing up all over the country (see page 96 for a list of some of them with the specific services they supply and the approximate costs).

Most of them will make appointments beginning in mid-September. This depends on the climate, since the equipment needs a sharp temperature differential between indoors and out to perceive the leaks. If you have central air conditioning, however, some services will do summer thermographs of interiors.

It takes anywhere from 30 minutes to an hour and a half to photograph a house and can cost from $25 to $125 depending on the size of the house, and how much time it takes to get to it. A written analysis is usually included in the price.





Thermograph, *right*, of house, *left*, shows heat leaks at door, windows, at foundation. Courtesy of Solar Solutions.

for windows

By Sandra Oddo

Glass with reflective coating PG's Solarcool Bronze Reflective Glass or Libbey-Owens-ord's Vari-Tran coating on sin- e or Thermopane glass is vailable in a number of win- ows. Look in your Yellow ages for local distributors.

For south windows, Modern- ire Sun Control Shades, trans- arent roller shades in widths om 22 to 85 inches ($14 to $87, epending on length), can re- uce glare and cut up to 70 ercent of the sun's heat. Avail- ble through Solar Usage Now, ox 306, Bascom, Ohio 44809, r A-Z Solar Products, 200 E. 6th St., Minneapolis, Minn. 5404.

Plain roller shades will also elp stop the sun (so will opaque urtains)—but you can't see hrough them.

What are your windows made f?

Heat is a natural wanderer. It kes to go from where there is a ot of it to where there is less of t—and the whole point of the nergy conservation game is to make heat (and its mirror-mage, coolness) hold still as ong as possible. Insulation will do it. Its resistance to letting heat move is measured in R-values. The higher the R-value, the bet- er. A ceiling with 6 inches of iberglass insulation has an R- alue of about 19. A pane of lass, on the other hand, has a pitiful R-.88, hardly a barrier at all to the movement of heat. Worse, the material of the frame if it is metal), may actually help o move heat. Worse yet, the

"Use insulating shutters indoors or out to keep heat in and cold out"

gaps and cracks that are inevita- ble around any opening in a wall are invitations to the great old (or hot) out-of-doors to come on in. These are the prob- ems usually associated with the materials and the construction of windows:

Drafts.

A chilly feeling near windows temperatures at the window surfaces of rooms where the thermostat is set at 75° F may actually be 55° F or cooler)

• Steady heat loss; soaring heat loss on windy days.

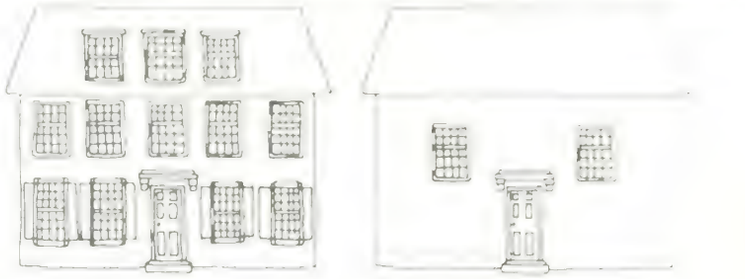
• In summer, overheating or uneven air conditioning.

And here are some possible solutions:

• Consider investing in double-glazed or insulating glass. Many windows are now made that incorporate it, and many new houses are built with those windows. Insulating glass is a closed, two-or-three-layer sheet in which dry gas or air, pumped into the ⅛-¼-inch space between the two layers, acts as dead air insulation. Insulating windows don't condense, either—insuring that you can see out, as well as keep the cold out. Two well-known brands are Thermopane by Libbey-Owens-Ford and Twindow by Pittsburgh Plate Glass.

• Provide storm windows. If your windows are already double-glazed, add storm windows anyway. Two panes of glass have an R-value of 1.3—and triple glazing increases that to more than R-2. That's not much compared to a wall: A well-insulated house by pre-1973 standards had R-11 in the walls, and many energy experts now recommend R-19. But it's more than twice as good as a single pane. The heat saved could probably pay for the storm windows in two to three years. (The Department of Housing and Urban Development has a workbook entitled *In the Bank or Up the Chimney*, available from the Government Printing Office, Washington, D.C. 20402, stock number 023-000-00-297-3 ($1.70) to help you decide which energy conservation measures will save most for your own house.)

Continued on page 222



Should we do without windows?

To save energy, not necessarily. A Purdue University study showed that of two identical houses, the one with more windows was 30 degrees warmer on a sunny winter day. What's important is a way to keep the heat inside when the sun goes down.

For houses, new insulating window glass provides less heat loss and greater insulation than an 8-inch-thick brick wall

Super-screens: New woven vinyl-coated Fiberglas screens stop 75 percent of the sun's heat before it even enters your house. They let in air and sunlight, keep out bugs, and give you privacy. Made from Owens/Corning Fiberglas, "Solar Shields" come in over 100 sizes, are easy to install with aluminum rails that attach to the head and sill of each window, and roll up for simple storage. Available from Vimco Corp., P.O. Box 212, Laurel, Va.

DAYLIGHT SAVINGS



Make the most of the light from your windows—it's an easy way to conserve energy and money. One unit of electric light represents fifty units of fossil fuel needed to produce it. For energy-saving strategies when you do need lighting—daylight, alas, is a sometime thing—turn to page 82.

Will we have to do away with windows?

In some states controversial new regulations are limiting the amount of glass you can have in your new house. In New York State the Public Service Commission has issued a regulatory order limiting glass area to 24 percent of wall area in new single detached houses and to 33 percent in attached houses. Requirements for new insulation standards, increasing the amounts, are part of the order. If insulating glass and ample insulation are installed, however, glass areas of 33 percent and more are permitted. Utility companies and building inspectors will enforce the order by denying electric meter connections to new houses not meeting the requirements. In California, existing state regulations limit glass wall areas in a single house to 20 percent. However, inspectors will gauge by performance; that is, with insulating, or other heat-controlling glass and ample insulation, more glass will be allowed.





What a way to treat a window

The newest, prettiest ways to control light, create views, get around radiators, and use color and fabric to make your windows beautiful


1


2

a pair of ordinary apartment windows, **opposite page,** turned into one large window by mirror applied to the wall between them. More mirror covers the reveals and brings in the view. Roman shades are trimmed with strips that pick up rug and fabric colors. Olive F. Watson's living room by Joseph Braswell and Ward Willoughby.


3


4

f sailcloth curtains that glow with the soft 40-watt tube lighting hidden in the reveals. Curtains hang from brass rings on brass rods. By George Clarkson for Mrs. S. Joseph Tankoos Jr.

An alcove of French doors and windows, **2,** all made to look like one with a ruffled valance and a pair of country-swagged curtains trimmed in cotton and cropped short to accommodate working radiators. To further unify the space, decorator Nancy Brous leveled shirred curtains midway on French doors and side windows.

a windowless bedroom, **3 and 4,** with two window treatments—one at the French doors, the other behind the bed. For both, yards of ruffled-edged curtains hanging straight below valances of fabric shirred, pulled taut, and stuffed with Dacron fiberfill for added dimension. By Anne Tarasoff for The North Shore Science Museum Showhouse. Fabric by Marignan.


5


6

f or privacy in a city apartment, **5,** a pair of windows covered by inexpensive blinds made from a strip of translucent canvas and two spring rods that can be moved to cover different parts of the window. To make the folds, the bottom rod is raised until the fabric overlaps enough to be drawn up from behind and looped over the rod.

To replace a poor city view with a nicer one, designers Robert Denning and Vincent Fourcade covered a window wall, **6,** in a trellis with cuts to let in light. For privacy, natural unlined silk curtains and a center shade; for softness on a wall full of geometrics, curtains gently drawn back with silky tasseled cords.


7


8

w indows and wall treated like one, **7** and **8:** in each window, inch-thick bamboo stalks in a sunburst pattern framed in rounded pine planks that cover most of the visible wall. Wooden shields between windows work like shutters. London-Marquis tree-trunk furniture—all in Dixie Marquis's living room. Shopping information, page 166

BEADLE, SUSAN WOOD, WILLIAM P. STEELE,

What a way to treat a window

a city living room, **1,** with three sets of windows covered with matchstick bamboo blinds: With the turn of a wand, they stack to one side, overlapping to create a moiré pattern that distracts from an uninspiring view of the building next door. By John Saladino.
An alcove with four windows, **2,** each treated separately with simple panels of woven beige-on-beige curtains. Without special window treatments and with the wall-to-wall blue-on-brown tile-patterned rug, the alcove seems to unite with the rest of this upstairs parlor in designer Michael Collins's Savannah house.

Windows covered in removable panels of eucalyptus twigs lashed with leather thongs, **3** and **4.** Between them, and covering the walls, old tapa cloths (made from mulberry bark pounded to a paper-like fabric and decorated with natural dyes). "I wanted to add mystery to a vintage 1937 cottage and diffuse the glary white Southern California light," says Mimi London, whose living room/study this is. On the shelf, a fossilized whale bone, an African sculpture of a Bombara antelope, and an iron cylinder vase filled with pencil tree and poinsettia branches. Polished cherry-tree chair. Tables are stone casts from ancient Roman capitals.

two-story bay window, **5,** softened by puffs of mohair shades pulled high to let in lots of light. When lowered, they hang straight. Room by William Hodgins.
Glassed-in wall, **6,** covered by natural pine sliding grilles that diffuse light and let owners have privacy while enjoying their view atop San Francisco's Russian Hill. The wooden grilles work with the rest of the muted colors and natural materials to create a rustic look in a brand new apartment. By Michael Taylor.

bedroom windows, **7,** surrounded by layers of fabric that work together to reduce its size, keep the room private, and let owners control light: On the window, a pull-down shade; above it, a valance; beside it, padded walls; and, on either end, stationary tied-back curtains. Denning & Fourcade.

NORMAN MCGRATH, BEADLE, [illegible]


1


2


3


4


5


6


7


8



to hide old fashioned radiators and a new air conditioner, **here** and **8**, 18th-century orange tree planters brimming with Boston ferns and boxwood peonies, and painted bright white to cool the all-over yellow. In summer, plants are cut low enough to let cool air flow over them. In winter, heat can flow from behind, between the slats and through the bottom opening. Curtains are drawn back at sill level to reveal sheer balloon shades. By Clare Fraser for Kips Bay Boys' Club Showhouse. Shopping information page 166 TOWNHOUSE

For needlecrafters now

A garden in stitches

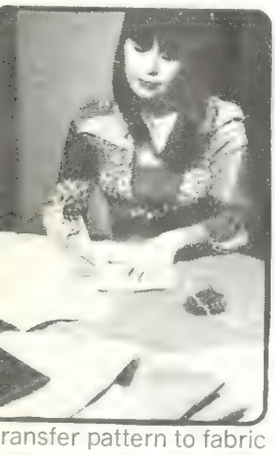
Shadow embroidery—appliqué with a new twist you can master in a minute, for fantastic fabric flowers that bloom all year



Inman Cook's original sketch



Making paper patterns for each flower from sketch



Transfer pattern to fabric



Cutting out flowers



Drawing flower center



Cut out ready to baste

Stitching shadow leaf

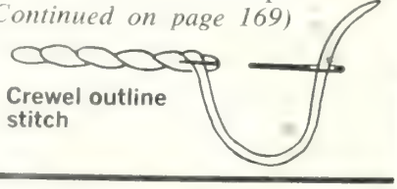


A modern, bold approach to shadow embroidery, an appliqué technique, combines easy-care fabrics and one embroidery stitch—the crewel outline. Inman Cook's first foray into designing appliqué (he spends most of his time designing custom needlepoint for his New York shop, Woolworks), resulted in big poppies caught on a round tablecloth to cheer parties all year-round. Shadow appliqué works by sewing bright fabrics on the underside of a sheer fabric so only the faintest color glimmers through. Mr. Cook's design combines shadow work with appliqué on the topside for balance and depth. A more muted effect can be achieved by putting the whole design or more of it underneath. The tablecloth is cotton batiste 90 inches round: The appliqué fabrics are cotton polyester dress goods from a mill-end shop and colorfast. The finished cloth is hand-washable! If you wish to buy Mr. Cook's cloth, see shopping information, page 166. To make it:

Use a hoop to keep work taut. The single stitch used, crewel outline, is done in a relaxed and open fashion

1. What you need: Design calls for poppies about 30 inches in diameter—four each in red and orange, for which you need 3½ yards of 54-inch-wide fabric for each color; 1 yard each of leaf and apple green for the leaf shapes; ½ yard lilac for shadows of red flowers; ½ yard deep blue for flower centers; DMC embroidery floss, 90-inch-round sheer cloth—batiste or voile would work well.

2. To make the pattern: Draw 1 flower and cut 2 patterns, one in brown paper for red flower, one in white for orange to avoid confusion when laying out design. Mark directionals, a N-S-E-W of pattern. Draw details on each pattern—star-burst and flower center ringed with "beauty spots." Indicate on pattern what part of star-burst will remain white and which filled in with contrasting color of other flower. Draw and cut leaf shape patterns. *(Continued on page 169)*



Crewel outline stitch

Right: Toshiko Tanaka, an artist who works with Inman Cook on many projects, finishes the last few stitches on the poppy tablecloth. **Far right:** A mass of blooms in a field of green. The prettiest, casual lunch for two on the main lawn of The New York Botanical Garden.

EDWARD OLEKSAK



For next year's garden

Plant ahead

Flowers to plant right now for a perennial garden that can grow more beautiful each year



Like cheerful letters from a friend, perennial flowers bring their greetings faithfully year after year. Iris, left, added to a garden in late summer or early fall, will bloom in May or June and will so multiply that, after four or five years, they'll need to be divided for another part of the garden. Peonies, columbines, poppies, candytuft, and many other perennials can also be planted or shared to set out now in the sunken garden behind their Pennsylvania house, above, Mr. and Mrs. John B. Leake's planting chores in autumn are repaid with glorious flowers every spring.



Plant ahead

Sometimes at summer's end you begin to dream of a garden you needn't replant every year. In this sunken garden with a reflecting pool and flowers, up, down, around, and over 3-foot rock walls, there is just such a dream: all in pastels and all in the small space of 50 by 35 feet. A perennial garden, of course, is not perpetual. There are seasonal chores, but Mrs. John B. Leake says "I just can't do all the worrying other people do." She grows iris and has never had a borer, grows peonies and never burns the leaves or dreads botrytis, clips most spent blossoms "but if you're too neat they can't seed, and I love volunteers." She does provide what perennials like: sun, good drainage, and water if it doesn't rain for a week. ("Bend low with hose in hand to get just the roots.") The Leakes also clean up all debris in fall, then spread a 3-inch mulch of cow manure mixed with hay in December, and add hemlock boughs after Christmas. They tidy up in March, composting everything. Spring brings pink tulips, blue phlox, snow-in-summer. Flowers are fertilized and iris limed in late April and May. From July on, old clumps of iris are divided—"John ties the rhizomes with different colored string for easy identification and placement." Iris are also trimmed to neat fans if they keel, and white impatiens are added to bloom till frost. The Leakes particularly love gray-leaved plants—Silver Mound artemisia, lavender, snow-in-summer—although almost all perennials have attractive foliage. More tips: To make peonies bloom earlier, pour warm water around them. Keep bird baths clean with steel wool, fresh water. To discourage chipmunks, chink rock walls with moth cakes. Key advice: "Have patience. Don't worry. If something overgrows or is not successful, pull it out. Enjoy your garden."

Fall is the time to plant bulbs for early spring, perennials for May and June

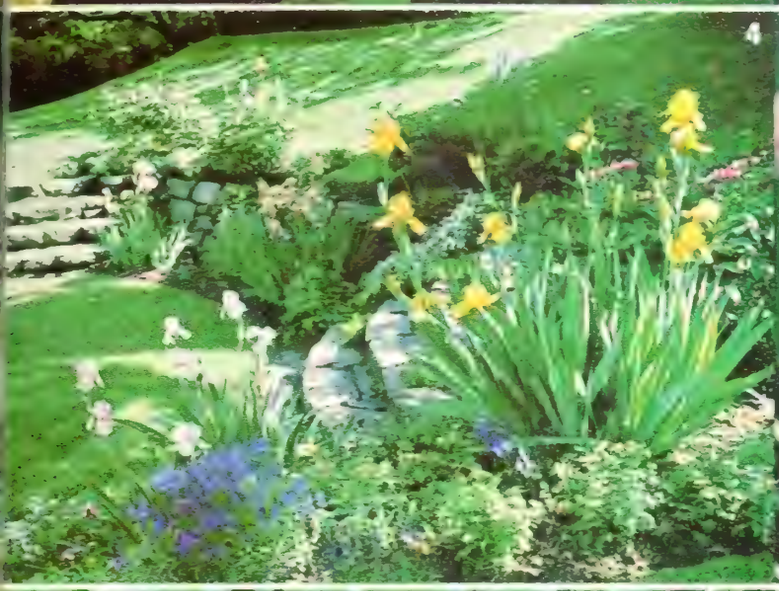
- Aquilegia (Columbine)
- Arabis alpina (Rock cress)
- Armeria maritima (Thrift)
- Aubretia deltoidea
- Cerastium tomentosum (Snow-in-summer)
- Dianthus (Pinks)
- Geranium lancastriense
- Heuchera sanguinea (Coral Bells)
- Iberis sempervirens (Candytuft)
- Iris (Bearded types)
- Paeonia (Peony)
- Papaver orientale (Poppy)
- Phlox divaricata
- Polemonium (Jacob's-ladder)
- Sedum spectabile
- Thymus (Thyme)
- Veronica

More on peonies page 218

MARITZA SCHMID

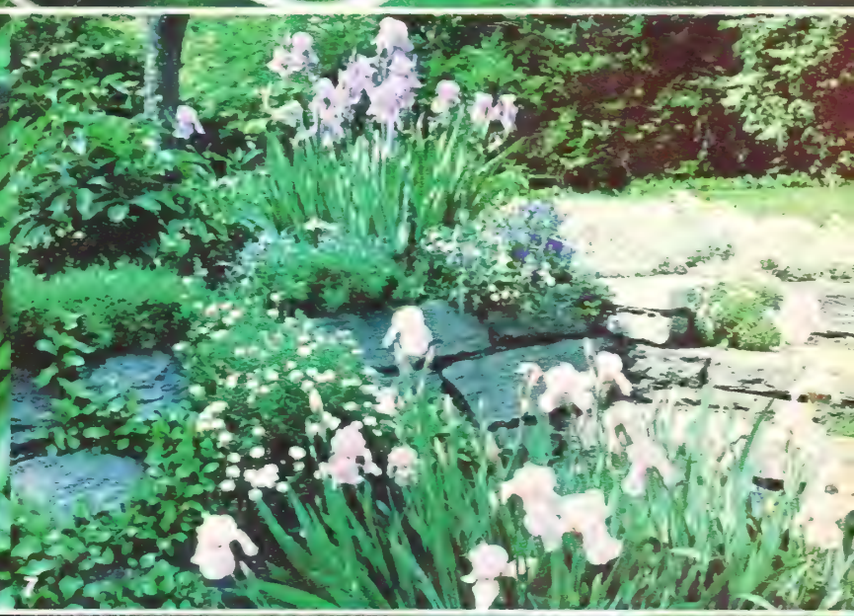








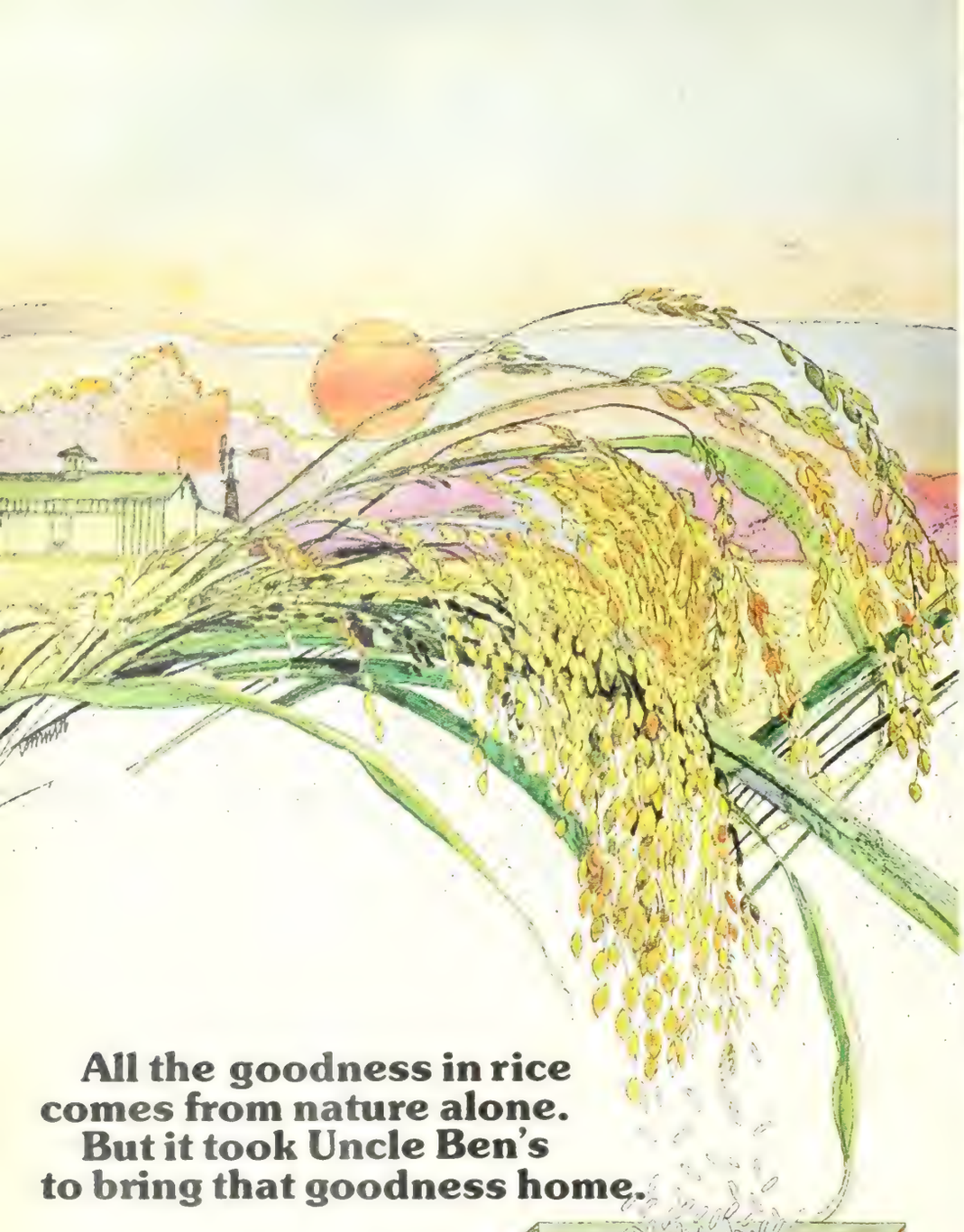




n of perennial garden with
l: 1. Steps with sculpted hen,
w-in-summer, creeping
me, blue veronica, varied iris.
all bearded iris, apricot hue.
teps with bird bath, pink col-
bines, cascading white candy-
, blue phlox divaricata and
ob's ladder. 4. Steps with ruby
ny, blue veronica, varied iris,
candytuft. 5. White colum-
e with pink spurs. 6. White sin-
peony. 7. Steps with iris and
w-in-summer; leaves on wall
plumbago with blue flowers
all. 8. Yellow iris.

BROTMAN





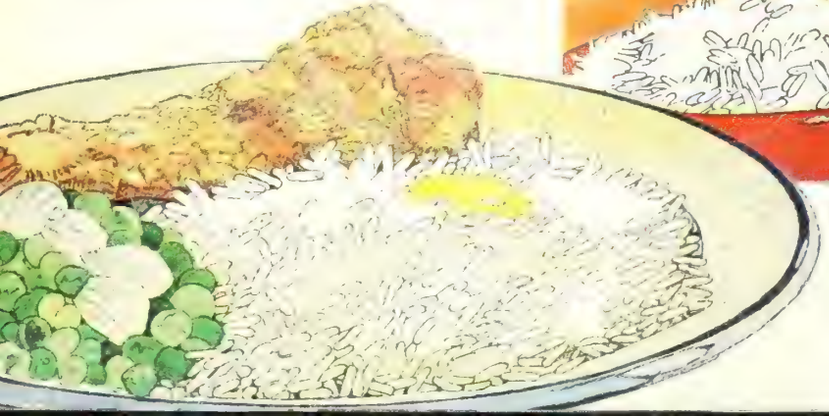
All the goodness in rice comes from nature alone. But it took Uncle Ben's to bring that goodness home.

All rice starts with the goodness of nature. But most companies strip away that whole grain goodness. So, what you get is less than what nature put there in the first place. But Uncle Ben's found a way no one else found to take that goodness and seal it in. To bring you rice with a taste that's wholesome and naturally delicious. And a natural texture that's beautiful and separate, every time.

Bring the goodness home tonight. Try Uncle Ben's.®

The goodness just comes naturally.





Also available in Canada



Pasta Primavera

opposite page

Jean Vergnes, Sirio Maccioni

Vegetables as a sauce for pasta is an old Italian idea, a delightful use of seasonal vegetables. Jean Vergnes, chef and co-owner with Sirio Maccioni of Le Cirque restaurant in New York, scents his pasta with French Provençal touches of butter, cream, garlic, and toasted pine nuts. It is a favorite of food buffs including three-star chefs Paul Bocuse and Michel Guérard who order it whenever they are in town.

INGREDIENTS

1 cup zucchini, sliced
1½ cups broccoli, broken into flowerets
1½ cups snow peas
1 cup baby peas
6 stalks asparagus, sliced
1 pound spaghetti (preferably the Italian De Cecco brand)
12 cherry tomatoes, cut in half
3 tablespoons olive oil
2 teaspoons garlic, minced
Salt, freshly ground black pepper
¼ cup Italian parsley, chopped
⅓ cup pine nuts
10 large mushrooms, sliced
⅓ cup butter
½ cup Parmesan cheese, freshly grated
1 cup heavy cream
⅓ cup fresh basil, chopped
⅓ cup chicken consommé (optional)

METHOD

☐ Blanch zucchini, broccoli, snow peas, baby peas, and asparagus in boiling salted water for 1-2 minutes each until just crisp-tender. Drain and refresh under cold water. Set aside. This can be done ahead of time.

☐ Cook pasta in lots of boiling salted water until *al dente*, about 8-11 minutes. Drain.

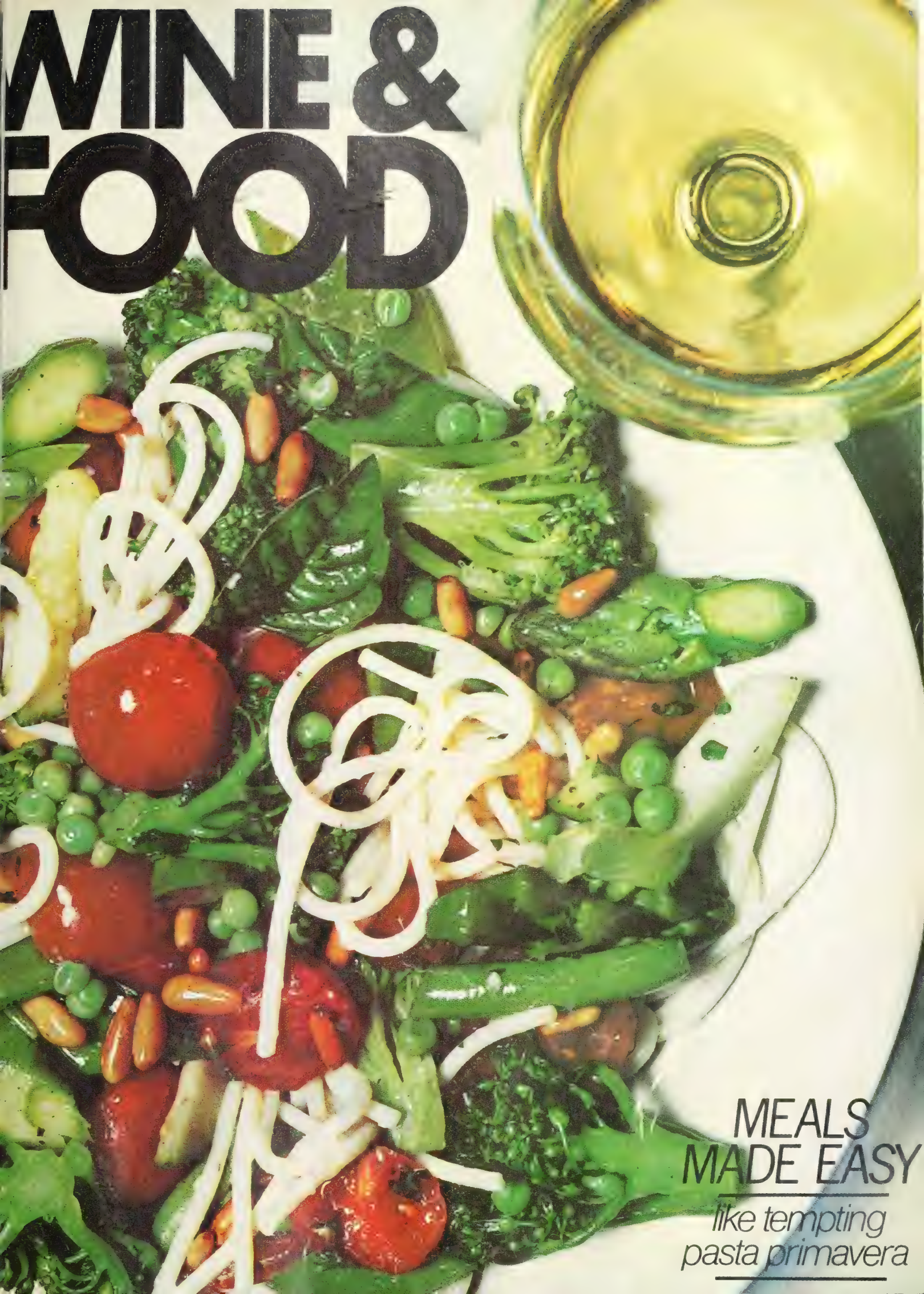
☐ While pasta is cooking, sauté tomatoes in 1 tablespoon oil with 1 teaspoon garlic, salt, pepper, and parsley. Set aside.

☐ In another large pan with leftover oil, sauté pine nuts until brown. Add remaining garlic and all vegetables. Simmer a few minutes until hot.

☐ In a pan large enough to hold pasta and vegetables, melt butter. Add cheese, cream, and basil. Stir to blend and melt cheese. Add pasta and toss to coat with sauce. If sauce gets too thick, thin with a little chicken consommé. Add about ⅓ of the vegetables, toss again.

☐ Divide pasta among 6 broad soup plates and top with remaining vegetables. Top with cherry tomatoes. Season to taste with salt, pepper and more grated Parmesan, if desired. Serves 6. →

WINE & FOOD



MEALS MADE EASY

like tempting pasta primavera



There may still be places on earth where Grand Marnier isn't offered after dinner.

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof

Gourmet tips for mail-order menus

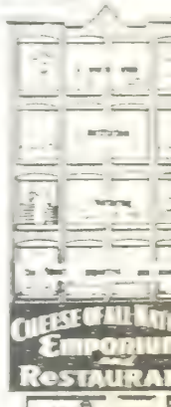
From elephant garlic to live crayfish, there's nothing you can't buy from a good food catalogue

By José Wilson

If you think of mail order primarily as a hassle-free way to do your gift shopping, think again. You can also eat extremely well by mail. The way to find those well-cured and aged country hams, tree-ripened fruits, stone-ground flours, and handmade preserves and relishes is to go to the source—the smokehouse, grove, mill, or farmhouse kitchen that sells directly to the public. That is the reason why the mail-order business is booming. Another reason is convenience. There's very little you can't buy by mail, from the special ingredients for foreign cooking to elephant garlic, a giant West Coast variety the size of an apple.

During the last year, while working on a book of mail-order food sources (*The Complete Food Catalogue* by José Wilson and Arthur Leaman: Holt, Rinehart and Winston: $10.95 hardcover, $6.95 paperback), I have passed hundreds of catalogues and brochures that encompass a staggering range of edibles—Iranian and Russian caviar; black and white truffles, smoked fish, meats, and birds; prime steaks and roasts; wild boar and other game; live crayfish and lobsters; tropical fruits, organically raised vegetables, fruits, and meat; every imaginable flour, cereal, seed, grain, coffee, and tea; and all the best American regional cheeses, like the glorious Maytag Blue of Iowa, sold only by mail. You can have ginger shipped from Australia, special tea blends from London's Fortnum & Mason, a side of smoked salmon from Scotland or Ireland, Stilton from a Derbyshire creamery, Filo and strudel dough, egg noodles, green peppercorns, Fauchon mustards, nitrite-free bacon and hot dogs, corn husks for tamales—you'll find them all in a mail-order catalogue. Unusual herbs like lovage and costmary can be bought in plant and seed, as well as the more familiar kinds. If you like to grow something different in the garden, Le Jardin du Gourmet in Vermont imports the Vilmorin vegetable seeds from France and Tsang & Ma [illegible] has Chinese vegetable seeds.

With packing and shipping costs figured into or added onto the price, mail order is, admittedly, not the most economical way to shop, but there buy herbs, spices, flours, nuts, [illegible] at a considerable saving over the retail price and share an [illegible] with friends. Canned imports from Europe may be cheaper from a mail-order house [illegible] food store. It helps to keep current prices in your head for comparison. The main advantage, though, is not so much economic as the pleasure you get from the quality and freshness of the products and the delivery to your door





Carving a Smithfield ham

Menus

With a little planning and ingenuity, you can build many meals around mail-order foods. The following menus are examples of how to use them in combination with the usual staples and fresh produce. Mail order foods are marked with an asterisk (*). Names and addresses of suppliers, on page 163.

SUNDAY BREAKFAST PARTY

[illegible]
[illegible]
scrambled eggs
Soft-boiled quail* on toast
Champagne

NATURAL BREAKFAST

[illegible]
homemade yogurt
granola
Steamed Alaska black cod*
Whole-grain bread* with
[illegible]

SATURDAY LUNCHEON

Gazpacho
Smoked Turkey* Divan on a bed of broccoli, with Mornay sauce
Poached pears* stuffed with French tomato preserves*

SEAFOOD LUNCHEON

[illegible]
with tarragon mayonnaise
[illegible]

GREEK BUFFET LUNCHEON

Taramasalata*
Hummus bi tahini
Stuffed vine leaves*
[illegible]
Lamb kebabs* marinated in yogurt, mint, lemon juice
Tabbouleh, a salad of bulgur*, scallions, parsley, mint, tomatoes
Baklava*
Greek coffee*

*Use boned leg of lamb for the kebabs. Taramasalata may be bought from Middle Eastern mail-order stores, or you can make your own. In the taramasalata—if so made—and the hummus bi tahini, Mix in tahini and canned chick peas

DINNER OUT-OF-DOORS

[illegible]
Charcoal-broiled sirloin strip steaks*
Potatoes Anna
[illegible]
salad
Maytag Blue* or Oregon Blue* cheese
Vermont Cheddar*
Apples and Waterbury's

[illegible]
make the shallot butter [illegible]

SOUTHERN-STYLE DINNER

[illegible]
remoulade sauce
Baked [illegible]
[illegible]
[illegible]
[



Meals made easy

KAREN

Party food—fast

Tips to help you plan any ize get-together from an xpert on no-fuss feasting

Feasts Without Fuss is not only the catchy title of a new cookbook, but it is the entertaining motto of its author, Pamela Harlech, an American who, as wife of Lord Harlech, puts her theories to constant practice as she entertains in London and a country house in Wales. The secret for Lady Harlech, for whom food is a major personal love as well as a professional one (she writes a food column for British Vogue), is planning ahead and doing as little at the last moment as possible. "O either the first course or the dessert co from the freezer having been made any t from a few days to a month or more in vance." She keeps her freezer stocked mousses, crêpes, pâtés, and even main- stews to be slotted into a menu at the minute.

Organization is the golden rule if don't want to be tied to the kitchen. "K your utensils, your capabilities, your gu









fabulous

Pamela Harlech, **inset left,** and in her kitchen. Pots hang from giant rack; under table, a shelf for heaviest pots; on top, jelly bag on tripod drains blackberry juice to be boiled for jelly. Lunches and family meals take place at kitchen table.

Inset, far left: Hazelnut crêpes filled with strawberry butter. **Above:** Picnic fare, from top, salads of herbed omelette and chickpea with shrimp, avocado ramekins; lawn picnic set comfortably on a Turkish rug. **Below right:** Iced cranberry soufflé.

and your kitchen." The Harlech's own country kitchen, *above*, is a magic world that hums with continued action, smells a treat because there's always something bubbling, but still looks shipshape. "It's imperative to wash up as you go. You really help yourself, because that clean piece of equipment is ready to use again," says this organized cook, who feels that if all ingredients are prepared —peeled, seeded, skinned, chopped—in advance, with pots and pans ready, the actual cooking becomes easier. Recipes, page 158.

LAWN PICNIC FOR 6

Cold orange and carrot soup
Pâté with olives, pine nuts and prosciutto

Herbed omelette salad
The Earl of Gowrie's steak au poivre
Mr. Briggs's avocado ramekin
Chickpea salad

Iced cranberry soufflé





Trader Vic cooks rice

Meals made easy

Hospitality on a budget

A new kind of healthful, money-saving way to entertain—with Chinese country cooking from Trader Vic

CHINESE COUNTRY MENU

Peach Blossom rum drink

Peking agar-agar salad
Peanut-carrot country soup
Triple seafood casserole soup with millet puffs
Double-cooked yak bones (veal ribs, steamed, then deep fried)
Fried brown rice
Village chicken leg picnic basket
Crisp fried monkey leaves (bok choy)

Crispy orange puffs

Almadén's Gewürztraminer
coffee

"Taste everything you can whenever you have the chance: someday that experience will help you create something in food." Trader Vic Bergeron, creator of twenty-three very successful Trader Vic restaurants around the world, and leisure-time sculptor, takes a break and cooks lunch in his studio. Guests sample the new Chinese country cooking menu of healthy, hearty peasant dishes he has developed for his restaurants The food differs from familiar Chinese cooking both in ingredients and method: "When a peasant fishes with a net, he catches many types of fish; so we have a seafood stew. When the Chinese eat a chicken, the whole thing gets used. So we take legs and wings, steam them with spices, coat them with water-chestnut powder, and deep fry them until crisp. We don't have yaks here, but we do have meaty veal and beef ribs to deep fry, which ordinarily you wouldn't know what to do with." The food takes advantage of whole grains and their nutrients, too: barley pilaf, puffed millet, and fried brown rice to add "food value and a very nice flavor." Cook brown rice as you do any fried rice; use shredded lettuce, onion, or bean sprouts and stir-fry with the rice very quickly just before serving to make sure the vegetables stay very crisp. He likes to be informal in his restaurant and in his cooking. "I read cookbooks, not to copy recipes, but to get turned on to new ideas and combinations in food." If you can't find the millet puffs for the seafood stew, use puffed wheat. "It adds a good taste and it's interesting. Use any kind of fish for the stew, itself. Local fresh fish would be best or use tinned clams, mussels, or some fillet of sole—it's the variety of fish that is important. Thinly sliced deep-fried vegetables are a taste treat for cocktail party nibbles instead of potato chips. Use lily or taro root or something less foreign like eggplant." Trader Vic's new country menu tastes delicious and exotic. Its benefits—it costs less to make at home and less to buy in the restaurant, though it's served with the same sense of occasion as his well-known and loved Polynesian food. The dishes are blissfully easy to prepare, and supermarkets carry most of the ingredients.

Peking agar-agar salad

INGREDIENTS

1½ cups reconstituted agar-agar, julienned (A white seaweed, it can be bought in Oriental shops. Moisten sheets lightly so that they can be cut into julienne, then place in a bowl with some ice water. Before using, squeeze out all the water.)
1 cup celery, julienned
½ cup onions, julienned
1 cup lettuce, shredded
1 cup whole tiny shrimp or shredded crabmeat or chicken (optional)
2 drops sesame oil
Wasabi dressing (recipe below)
Salt, pepper to taste
Lettuce leaves
Sliced tomatoes
Black olives

METHOD FOR SALAD

☐ Mix all ingredients, except for last 3, in a large bowl tossing well to distribute dressing. Divide salad among 6 plates and arrange on lettuce leaves. Garnish each with tomato and an olive half. Serves 6.

Wasabi dressing

INGREDIENTS

1 tablespoon lemon juice
½ teaspoon sugar
1 cup mayonnaise
1 tablespoon red wine vinegar
¼ cup wasabi powder, reconstituted (Wasabi powder is Japanese horseradish in powder form, available in cans in Oriental markets. To reconstitute for use, mix ¼ cup powder with cold water until consistency of mayonnaise. Let stand 5 minutes to allow flavors to develop.)
Salt, pepper to taste
1 cup sour cream
1 cup watercress, chopped

METHOD

☐ Blend all ingredients except for the watercress in a bowl until smooth. Fold in the watercress. Makes about 3 cups.

Peach Blossom

INGREDIENTS FOR EACH

2 canned, freestone peach halves
1½ ounces Puerto Rican light rum
2 dashes peach cordial
Dash Trader Vic's coconut cream
Juice of ½ lime
½ scoop shaved ice

METHOD

☐ Put 1 peach half, rum, peach cordial, coconut cream, lime juice, and ice in a blender and blend until frothy. Pour into a stemmed glass and garnish with the second peach half. Float it, rounded side up, on top of the drink secured with a toothpick or skewer.

Trader Vic sauces and condiments can be purchased in his restaurants and selected markets. (More recipes, page 156.)

Right: The model's stand becomes buffet table spread with two Tahitian "pareus." Beginning from upper left: Peach blossom rum drink created for the occasion; peanut-carrot soup in a shell—the green lettuce-leaf plate is Trader Vic's own design; triple seafood stew; the chicken leg basket garnished with julienned *daikon* and carrot, rimmed with tempura-dipped bok choy and crisp-fried lily root; agar-agar salad; orange puffs for dessert. **Upper right inset:** The guests enjoy lunch. From left to right: Karen Taggert, the model; Trader Vic, Jane Armstrong–Walworth Schmitt, an artist and the guest of honor; and the host's daughter Mrs. Jeanne Hittell, and son Lynn Bergeron.


TAHITI

How to fix Irish Fizz, Pink Elephant, Beauty Sleep, and other

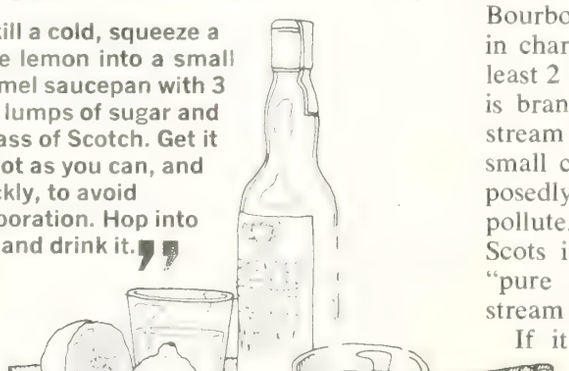
Wonderful offbeat Whiskey drinks

By Henry McNulty

Americans and British have always been very tenacious and enterprising when it comes to obtaining and drinking that wild northern beverage known as whiskey. The British have been known to take it with lemonade, and will even, as did Queen Victoria, combine it with red wine. Anything goes, so long as it goes down.

Leave it to the French, however, to come up with something new—a whiskey drink blending the moribund idea of cocktails with their newest experiments in food, la Nouvelle Cuisine. Why not, say the *enfants terribles* of modern French cooking, critics Gault and Millau (their magazine *Le Nouveau Guide* covers the food, wine, and travel scene in France and their restaurant and hotel guide is a competitor to the *Guide Michelin),* mix in a shaker a measure of tea flavored as the Russians do with bergamot, half a measure of a light Scotch, a dash of vanilla essence, and a drop of angostura? This you serve in a tall glass with ice, filled with mango or passion fruit juice. Or, if you find that a bit too Nouvelle, how about equal parts of iced tea, champagne, and Bourbon—another of their suggestions? Mr. Gault and Mr. Millau admit they are being a trifle adventurous in proposing such things, but they think it's time to demolish some of the ancient monuments of cocktaildom. Imagine, for instance, a big glass filled in equal quantities in the sequence that follows, with Scotch, cold sweet sauterne, and Guinness stout! Are you boggled?

"To kill a cold, squeeze a large lemon into a small enamel saucepan with 3 or 4 lumps of sugar and a glass of Scotch. Get it as hot as you can, and quickly, to avoid evaporation. Hop into bed and drink it."



Of course the thing that gets mixed most with whiskey is water, still or soda. The merits of this mixture have been known at least since Henry VIII used it for a tranquilizer while he beheaded a wife or two. In those days it was medicinal, and an old British seadog taught me one such mix during the war. To kill a cold, if not yourself, squeeze the juice of one large lemon into a small enamel saucepan with three or four lumps of sugar and a tumblerful of Scotch. Get it as painfully hot as you can, and as quickly, to avoid unnecessary evaporation. Hop into bed and drink it. "Don't bother adding water," he used to say, "that causes a useless waste of good whiskey."

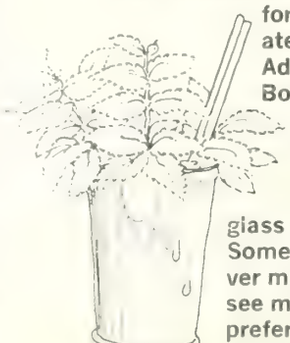
Irish whiskey blends agreeably with Curaçao in an **Irish Fizz**—2 measures of Irish whiskey, a teaspoon of Curaçao, a bit of sugar if you think the Curaçao not sweet enough, juice of half a lemon. Shake with ice, strain, fill glass with soda water.

Probably the most mixable whiskey is Bourbon, distilled from corn and aged in charred new white oak barrels for at least 2 years. The main mix for Bourbon is branch water; a "branch" being any stream that is smaller than a creek (how small can you get?) and therefore supposedly too small for big business to pollute. It has its equivalent among the Scots in what is always referred to as "pure burn water," similarly a tiny stream and supposed to be unsullied.

If it is sustenance you are after, a

Mint julep

After water, the best known thing to mix with Bourbon is mint. If you don't know a Mint Julep, there is something missing in your life. You have to marinate fresh, dry mint in 5 tablespoons of whiskey per serving for an hour. Crush ice to powder and fill a tumbler with it. Add 2 teaspoons simple syrup (made by mixing 2 parts sugar to one water, brought to a boil and cooked—it keeps forever refrigerated), and stir. Add mint, fill with Bourbon. Stir once more; stick in a sprig of mint. Perfectionists make each glass separately. Some insist on a silver mug, but I like to see my drinks and prefer a tall glass.



DURELL GODFREY

Cream Punch is nourishing. Pour a jigger of Bourbon, ¼ cup light cream, and a dash of vanilla into a shaker with 1 teaspoon powdered sugar, and ice. Shake thoroughly, strain into a tumbler and sprinkle the top with nutmeg. Nice and relaxing after a hard winter's day.

The London Hilton concocts a **Pink**

A European who uses Bourbon in mixed drinks is Ricardo, the bartender at the Pelicano Hotel in Porto Ercole, who pre a Beauty Sleep: a measure of Bourbon, drops maraschino, a dash of orange jui large wineglass with ice, topped up with champagne.

Elephant by mingling a jigger of Bourbon, the juice of a lemon, three dashes of grenadine, shaking them hard with ice and the white of an egg, served in a Martini glass. Users of its "007 Bar" seem to like a **Kojak**, because it is tough and smooth. Kojak has that same jigger of Bourbon with 1 ounce of passion fruit, a dash of dark rum, and half an ounce of pineapple juice, shaken and served over crushed ice in a wine glass—with a lollipop, of course, as a muddler.

Whiskey has been known as an aid to medical treatment for centuries. Recently, in London, a tired businessman collapsed in the street, and of course a crowd collected and began making helpful suggestions. "Give him air," one man said. "Give him some Scotch," said a little old lady. "Kiss of life," suggested another bystander. "Give him some rye," the little old lady insisted. "Get him to a hospital," a man cried. "Give him a shot of booze," shouted the little old lady. Suddenly the victim sat up and hollered, "Will the rest of you please shut up and listen to that little old lady?"

Rye is another healthy mixing whiskey and any patient should react favorably to ministrations of the triumph of rye—the **Old-fashioned** cocktail. This, as medical students undoubtedly already know, is one of the basic whiskey cocktails and requires melting a lump of sugar in an Old-fashioned glass with a dash or two of angostura and a splash of soda water. Spread the mixture up the sides of the glass. Add ice and a slice each of orange and lemon. Pour in 2 ounces (about two fingers) of rye, top with soda water.

The other pillar of whiskey mixes is the **Manhattan,** which started out as a

Continued on page 16.

Fresh from California.

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La Salle Rosé is from The Christian Brothers, and it's one rosé wine that will brighten up lunches, picnics and dinner.

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Or, enjoy Frozen Strawberry La Salle for dessert. Just boil (for 3 minutes) 1 cup of sugar and 1/2 cup of water, stirring until dissolved. Add 1 pint of coarsely crushed California Strawberries, the juice and grated rind of a lemon, and 1 bottle of La Salle Rosé. Freeze in a quart container, or as ice cubes. And enjoy a bright dessert.

Then, there's the bright taste of a La Salle Rosé/Strawberry Cooler. A glass of La Salle Rosé, some California Strawberries, ice and a splash of soda.

Or brighten up strawberries and ice cream. Just pour bright La Salle Rosé over each serving.

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continued from page 152

Peanut-carrot country soup

INGREDIENTS

4 ounces butter
½ cup onions, chopped
2 cups carrots, chopped
½ cup celery, chopped
3 tablespoons flour
2 quarts chicken stock
1 cup smooth peanut butter, preferably Skippy
1 cup heavy cream
¼ teaspoon celery salt
1 teaspoon salt
Chopped peanuts
Chopped red ginger

METHOD

☐ Melt butter in a heavy saucepan; add onions, carrots, and celery. Sauté until vegetables are soft, but have not yet begun to brown.

☐ Stir in flour; when it is thoroughly incorporated, pour in chicken stock. Bring to a boil and let thicken slightly. Reduce heat and partially cover. Simmer 30 minutes.

☐ Strain through a food mill or sieve and press pulp of vegetables through. Place peanut butter in a mixing bowl, add one cup of soup at a time while whisking vigorously; add the heavy cream, celery salt, and salt to taste. Serve hot or cold. Sprinkle some chopped peanuts or red ginger on top just before serving. Serves 10 or more.

Triple seafood casserole soup with millet puffs

INGREDIENTS

¼ pound butter
½ medium onion, finely chopped
1 cup green pepper, diced
⅓ cup pimientos, diced
1 pound fish, diced. Use red snapper, cod, scallops, or any white, firm-fleshed fish; at least 2 or 3 kinds
6 ounces baby shrimp
¼ cup Kikkoman soy sauce
1 tablespoon Worcestershire sauce
1 cup carrots, cooked and diced
1 10½-ounce can Aunt Penney's cream sauce or 1¼ cups béchamel
1 cup white wine
2 cups bean sprouts, cut in 3-4 pieces
1 cup half and half
Salt, pepper to taste
Chicken broth
6 heaping tablespoons puffed millets (available in health food stores)

METHOD

☐ Heat butter in a large kettle; add onions, green pepper, and pimientos and sauté. Add fish and shrimp. Sauté 1 minute more. Add soy sauce, Worcestershire, carrots, cream sauce or béchamel, wine, sprouts, and half and half. Bring to a boil and season with salt and pepper. Simmer 5 minutes. If too thick, thin with chicken broth. When serving, top each bowl with 1 tablespoon puffed millets. Serves 6 as an entrée.

Crisp fried Monkey leaves

Monkey leaves are the Chinese cabbage bok choy. You can also use any other vegetable.

INGREDIENTS

1 package tempura mix (available in Japanese grocery stores)
Mushrooms, trimmed
Zucchini, sliced
Parsley, separated into sprigs
Bok choy, cut into strips ¾ by 4 inches
Cauliflower, separated into flowerets, then parboiled 2 minutes
Oil for deep frying
Seasoned salt

METHOD

☐ Make tempura paste according to directions on the package. Dip vegetables into batter and deep fry a few at a time. Place on paper towel to drain and sprinkle with seasoned salt. One package tempura mix will serve about 6 persons.

Chinese country-style chicken

INGREDIENTS

¼ teaspoon ground star anise
¼ teaspoon ground fresh ginger
1 tablespoon soy sauce
1 tablespoon Bourbon
½ teaspoon brown or raw sugar
6 chicken legs
Cornstarch or water chestnut powder (available in Chinese markets)
Chutney-plum sauce (recipe below)

METHOD

☐ Mix anise, ginger, soy sauce, Bourbon, and sugar in a bowl, add the chicken pieces, and marinate ½ hour.

☐ Place a dish on a rack in a steamer and put chicken and marinade on it. Steam over boiling water 15 minutes. Remove chicken and spinkle with cornstarch or water chestnut powder. Put back in the pot and steam 3 more minutes. Can be made a day ahead to this point and refrigerated until ready to fry. Fry until golden brown and serve smeared with chutney-plum sauce. Serves 3 as an entrée.

Chutney-plum sauce

INGREDIENTS

1 can (10½ ounces) brown sauce or homemade brown sauce or veal glaze
1 can (8¾ ounces) purple plums in syrup
2 tablespoons Major Grey's chutney
Salt, pepper to taste

METHOD

☐ Place gravy, plums including their syrup, and chutney in a blender, being sure to remove seeds from plums first. Blend for 30 seconds at high speed. Place in a saucepan, bring to a boil, and simmer 10 minutes. It should reduce by ¼. Season to taste with salt and pepper. Makes about 1¾ cups sauce. Enough for 6-10 servings.

Trader Vic Bergeron cooks Chinese country style lunch for friends



Crispy orange puffs

INGREDIENTS

1 package won ton noodle skins, each 3 inches square (available at Chinese markets or make your own)
1 jar orange marmalade
1 egg, lightly beaten
Oil for deep frying

METHOD

☐ Spread out each square of dough and drop a teaspoon of marmalade in the center of each one. Moisten edges with egg and fold the dough just as you would a paper hat.

☐ Drop into hot oil to crisp and become slightly brown. Drain and serve immediately. ■

FRED LYON


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FAMILY LUNCH FOR 6

Eggplant with ginger and sesame seeds

Baked cinnamon chicken
Broccoli with pine nuts and capers

Hazelnut crêpes with strawberry butter

Eggplant with ginger and sesame seeds

INGREDIENTS

1 2-pound eggplant, peeled and cut into ½-inch cubes
½ cup sesame seeds
4 scallions, sliced thin
1 tablespoon fresh ginger, peeled and grated
½ teaspoon salt
3 tablespoons sesame oil
2 teaspoons lime juice

METHOD

☐ Preheat oven to 350°.

☐ Drop the eggplant cubes into a large saucepan filled with boiling salted water, cook them 3-4 minutes or until they are barely tender, and drain well.

☐ Spread sesame seeds on a baking sheet and toast in preheated oven until lightly browned. Grind the seeds in a blender until they are almost a paste. Combine them with the scallions, ginger, and salt in a bowl.

☐ Sauté the eggplant in a frying pan in the sesame oil over moderately high heat, tossing frequently, for 5 minutes. Add the sesame-seed mixture and sauté the eggplant for 2-3 minutes more, or until the mixture is heated through. Stir in the lime juice. This dish may be served hot or cold and may also be used as a vegetable with roast lamb. Serves 6.

Preparation and cooking time: about 1 hour.

Baked cinnamon chicken

INGREDIENTS

3 frying chickens, each 3-3½ pounds, cut into quarters
1 cup dry sherry
¾ cup clear honey
¼ cup lemon juice
4 teaspoons cinnamon
2¼ teaspoons garlic salt
1¾ teaspoons curry powder

METHOD

☐ Arrange the chicken pieces in a single layer in a large shallow roasting pan, or, if you prefer, in 2 smaller pans. Mix together the sherry, honey, lemon juice, cinnamon, garlic salt, and curry powder in a bowl. Pour the marinade over the chicken and chill for 12 hours, basting the chicken several times.

☐ Bake the chicken in its marinade in a preheated 375° oven, basting every 15 minutes, for 1¼ hours, or until tender. (If the pan juices evaporate, add a little water.) Remove the chicken to a heated dish and keep it hot. If the juices are not lightly syrupy, reduce them over direct heat, stirring constantly. Adjust the seasonings and pour the sauce over the chicken. Serves 8-10.

☐ The cooked chicken may be frozen in a baking pan large enough to accommodate all the pieces in a single layer with the pan juices poured over it. After the chicken has frozen solid, remove the frozen block from the dish, wrap it in freezer-weight foil or in a freezer bag, and store. To serve, return it to the dish in which it was frozen. Cover the dish and heat in a preheated 375° oven 30 minutes. Remove the cover and continue to bake 20 minutes longer, or until hot. If necessary, reduce the pan juices as described above.

Marinating time: 12 hours; cooking time: about 2 hours

Broccoli with pine nuts and capers

INGREDIENTS

3 pounds fresh broccoli
⅓ cup pine nuts
⅓ cup olive oil or vegetable oil
2 cloves garlic, minced
½ cup water
3 tablespoons capers, drained
salt, pepper to taste

METHOD

☐ Remove and separate the flowerets from the broccoli stems. Peel the stems, halve them lengthwise if they are thick, and cut them crosswise into ½-inch slices. There should be 8 cups flowerets and stems.

☐ Plunge the broccoli into a large saucepan filled with boiling salted water and cook 4 minutes. Drain, refresh under cold running water, and spread on paper towels to dry.

☐ Lightly brown the pine nuts in the oil in a large frying pan. Add the garlic and sauté 30 seconds, then transfer the mixture with a slotted spoon to a small dish. Add the broccoli to the pan and toss it gently over moderate heat 2 minutes. Add the ½ cup water and continue to cook the broccoli over high heat for 6 minutes, or until just tender. Add the sautéed pine nuts and garlic, the capers, salt and pepper to taste, and cook, uncovered, over high heat 1 minute. Serve hot. Serves 6-8.

Preparation and cooking time: about 30 minutes.

Hazelnut crêpes with strawberry butter

INGREDIENTS

2 eggs
¾ cup milk
¼ cup flour
Pinch salt
3 tablespoons hazelnuts, lightly toasted and ground
Clarified butter
⅓ cup butter
3 tablespoons superfine sugar
¾ cup strawberries
½ teaspoon lemon juice
1 cup heavy cream, whipped; 12 strawberries, sliced and dusted with sugar; handful slivered, lightly toasted hazelnuts

METHOD

☐ Put the eggs in the container of a blender with the milk, flour, salt, and ground hazelnuts and blend at high speed for a few seconds. With a rubber spatula push down any flour that may be clinging to the sides of the container. Blend the batter for a few seconds more, then pour it into a mixing bowl and allow it to stand for 1 hour.

☐ Brush a 6-inch crêpe pan with clarified butter. Heat the pan until it is hot and pour in 2 tablespoons batter. Quickly tilt and rotate the pan so that the batter covers the bottom in a thin layer, and return any excess to the bowl. Cook the crêpe until it is lightly browned on the bottom, turn it and cook it until the other side is browned. Slip the crêpe onto a plate. Continue making crêpes in this manner until all the batter is used. Keep crêpes warm, covered lightly with foil, in a 300° oven. The crêpes may be made in advance and heated just before using, or they may be frozen.

☐ Cream together the butter and sugar in a bowl. In another bowl mash the strawberries with the lemon juice. Incorporate the mashed strawberries into the butter mixture, a portion at a time, until they are well blended.

☐ Spread each crêpe with 1 tablespoon strawberry butter and fold in half. Serve on heated plates with whipped cream, sliced sweetened strawberries, and hazelnuts. Serves 6.

Preparation time for crêpes: about 1 hour 40 minutes; added preparation time: about 45 minutes

Herbed omelette salad

INGREDIENTS FOR OMELETTE

4 eggs
Salt, pepper to taste
2 tablespoons butter, softened
4 teaspoons fresh dill, minced
4 tablespoons fresh parsley, minced
4 tablespoons fresh chives, minced

Continued on page 160

Feasts Without Fuss (Atheneum, $12.95)
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Making a Milk-Made is almost as easy as sipping one. Here's how you do it: just shake two parts of your favorite Arrow flavor with one part milk, then pour it over ice—and voilà! Somewhere between milk and a martini something scrumptious happens.

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continued from page 158

INGREDIENTS FOR THE DRESSING

½ cup cucumber, peeled, seeded, and coarsely grated
Salt, pepper
⅓ cup radishes, chopped
¼ cup sour cream
2 teaspoons yogurt
1 beet, cooked and sliced
1 large tomato, sliced
Watercress

METHOD FOR OMELETTE

☐ Lightly beat the eggs in a bowl with salt and pepper to taste. Heat an 8- to 9-inch omelette pan over moderately high heat, add the butter and heat it until the foam subsides, tilting the pan to coat it with butter. Pour the eggs into the pan, allow them to set for a few seconds, then stir with a fork, shaking the pan gently. Move the set eggs towards the center of the pan, tilting the pan to let any uncooked egg run to the bottom and the edge. Shake the pan again to loosen the eggs and remove it from the heat. Slide the omelette onto a plate, sprinkle it with the dill, parsley, and chives and roll it up tightly. Chill the omelette.

METHOD FOR DRESSING AND ASSEMBLY

☐ In a colander, toss the cucumber with ⅛ teaspoon salt and let it drain for 30 minutes. Transfer the cucumber to a bowl and combine it with the radishes, sour cream, yogurt, and salt and pepper to taste. Arrange beet and tomato slices alternately on plates lined with watercress. Slice the omelette into ½-inch rounds and arrange on the beet and tomato slices. Put 1 teaspoon of the dressing on each round of omelette. Serves 6 as part of picnic menu; 2 as a main luncheon dish.

Preparation time: about 1 hour, 15 minutes; chilling time: 1 hour

Cold orange and carrot soup

INGREDIENTS

½ cup onion, chopped
3 tablespoons butter or margarine
1½ pounds small carrots, sliced thin
2 cups water
1½ cups orange juice, or more
salt, pepper
1 cup light cream
Dash nutmeg
Chives, snipped fine

METHOD

☐ Sauté the onion in the butter or margarine in a deep skillet. Add the carrots, water, orange juice and salt and pepper to taste. Cook the carrots until they are tender.

☐ Purée the soup in a blender or food processor. If it is too thick, thin with orange juice to the desired consistency. Cool, then chill.

☐ Stir in the light cream and season with nutmeg just before serving. Sprinkle each serving with the snipped chives. Serves 6.

Preparation and cooking time: about 3 minutes; chilling time: 2 hours ■

Mr. Briggs's avocado ramekin

"This recipe was given to me by Pete Coats."

INGREDIENTS

3 ripe avocados
1 15-ounce can Crosse & Blackwell clear consommé madrilene
½ lemon
2 tablespoons heavy cream
½ cup walnuts, chopped
8 slices lean bacon, cooked until crisp, crumbled

METHOD

☐ Put the avocados in a blender or food processor with ¾ of the consommé, a good squeeze of lemon (to keep avocado from turning brown), and the cream. Blend until smooth.

☐ Half fill 8 individual ramekins with about half the avocado mixture and allow it to set in the refrigerator. When set, add the walnuts and allow to set again.

☐ Add the remaining avocado mixture to almost fill the ramekins and set again, then pour on a very thin layer of consommé. Let set, then sprinkle bacon on top and keep in the refrigerator until ready to serve. Serves 8.

Preparation time: 15 minutes; chilling time on and off: about 2 hours

Pâté with olives, pine nuts and prosciutto

INGREDIENTS

1 pound pork
½ pound veal
¼ pound pork fat
⅓ cup black olives, pitted and chopped
¼ cup pine nuts, lightly toasted, chopped
¼ cup prosciutto, diced
¼ cup fresh white bread crumbs
2 tablespoons dry vermouth
1½ teaspoons fresh basil
½ teaspoon dried thyme
¼ teaspoon pepper
1 very small garlic clove, peeled
½ teaspoon salt
1 egg, lightly beaten
½ pound bacon, sliced thin

METHOD

☐ Preheat oven to 350°.

☐ Grind together the pork, veal, and fat. In a large bowl, combine the ground meat with the olives, pine nuts, prosciutto, bread crumbs moistened in the vermouth, basil, thyme, and pepper.

in a mortar crush the garlic with the salt. Add it to the meat mixture and blend thoroughly. Add egg and mix again.

Line the bottom of a 10-inch loaf pan with half the bacon. Turn the meat mixture into the pan and press it down firmly. Cover the top of the mixture with the remaining bacon. Bake the pâté in the preheated oven 1½ hours. Weight the pâté, allow it to cool, and chill 12 hours. Unmold onto a serving dish and remove the bacon. Serve at room temperature. Serves 6.

Preparation and cooking time: 2 hours; chilling time: 12 hours

Blackberry jam with orange

INGREDIENTS

2 pounds blackberries
¾ cup water
1 cup orange juice
3 tablespoons lemon juice
1 tablespoon orange zest, grated
4 cups superfine granulated or preserving sugar

METHOD

Cook the blackberries in ¾ cup water in a large saucepan until heated through. Put half the fruit through a sieve and add the purée to the blackberries remaining in the pan.

Add the orange and lemon juices and grated orange zest, and stir over high heat until it comes to a rolling boil. Stir in sugar, bring back to a rolling boil, and boil, stirring constantly for 1 minute.

Remove from heat and stir for several minutes to prevent the fruit from floating. Pour into sterilized jars and cover with a ⅛-inch layer of melted paraffin or a round of waxed paper and screw on the lids. Makes about five 1-pound jars.

Tomato ginger jam

INGREDIENTS

2½ pounds ripe tomatoes, peeled and quartered
1½ cups firmly packed brown sugar
2 lemons, chopped fine
1 onion, grated
1 teaspoon sweet Hungarian paprika
1 teaspoon ground ginger
¼ teaspoon turmeric
¼ teaspoon pepper
3-4 tablespoons crystallized ginger, minced, or to taste.

METHOD

Combine the tomatoes, brown sugar, lemons, grated onion, paprika, ground ginger, turmeric, and pepper in a heavy cooking pan. Cook over moderate heat until slightly reduced and add the ginger. Simmer, stirring frequently, until the mixture is thick. Spoon the jam into sterilized jars and seal with their lids. Makes four to six 1-pound jars.

Continued on next page

Yukky. Yummy.



Peaches preserved in ordinary canning syrup for 12 hours.

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If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

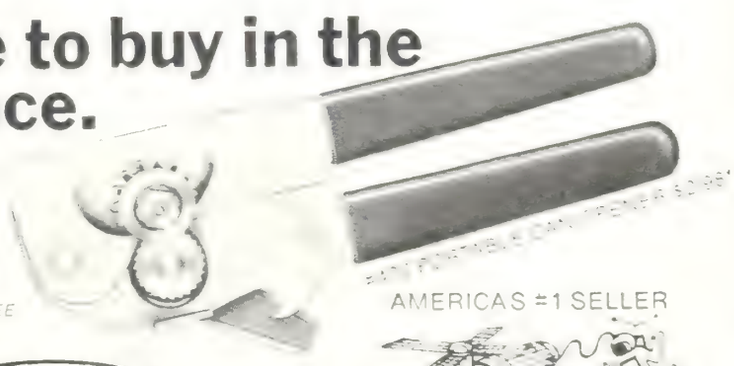
Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.



Keeps fruit looking and tasting fresher.

Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Dept. FF475, Box 1467, Pittsburgh, Pa. 15230.

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continued from preceding page

Chickpea salad

INGREDIENTS

1 1-pound 4-ounce can chick peas, well drained
1 cup frozen shrimp, defrosted
¼ cup mayonnaise
2 tablespoons parsley, chopped
2 scallions, chopped
Salt to taste

METHOD

☐ in a bowl combine all the ingredients, toss well, and serve immediately. Serves 6.

Preparation time: about 10 minutes

Iced cranberry soufflé

INGREDIENTS

¾ pound cranberries
1½ cups superfine sugar
3 tablespoons orange-flavored liqueur
1½ cups heavy cream, whipped until stiff
3 egg whites
Pinch salt
Orange zest, grated

METHOD

☐ Combine the cranberries with the sugar in a saucepan, cover, and cook over low heat for 10 minutes, stirring once or twice. Remove lid and cook 5 minutes more. Add the liqueur and allow the mixture to cool. Fold in the whipped cream.

☐ Beat the egg whites in a bowl with a pinch of salt until stiff, and fold them into the mixture. Pour into an 8-inch soufflé dish, cover with foil, and freeze until firm. Sprinkle orange zest on top just before serving. Serves 6.

Preparation time: about 45 minutes. chilling time: 6 hours

The Earl of Gowrie's steak au poivre

INGREDIENTS

6 tablespoons black peppercorns
3 tablespoons juniper berries
1½ pounds well-aged rump steak
Dijon mustard
2 tablespoons clarified butter
2 tablespoons vegetable oil
Brandy

METHOD

☐ In a coffee grinder or a mortar, grind the peppercorns and juniper berries together. Coat 1 side of the steak with mustard and press the spices onto it so that the mustard holds them. Repeat the process on the other side and around the edges. Let stand 1 hour or more.

☐ Heat the clarified butter and oil in a heavy frying pan until it is very hot. Sear the steak for about 6 minutes on each side so that the meat forms a good brown springy crust and seals in the spices, but the inside remains rare. If some of the spice crust comes away in the cooking, fr a little more of the mixture and press into the meat.

☐ When cooked, place the meat on large cold dish, set it aside until cool, the refrigerate. Slice very thick before serving While the meat is cooling, deglaze the pa juices with brandy, then set aside for re heating before serving.

☐ This dish is delicious served with leek and potatoes. Sauté the thoroughl cleaned and sliced leeks in butter fo about 15 minutes or until they are quit soggy. Mix them with a runny purée o potatoes. Serves 6.

Preparation and cooking time: about 3(minutes; cooling time: about 1 hour



Offbeat whiskey drinks
continued from page 154

sweet drink invented at the old Man hattan Club in New York. This usec three parts of a blended whiskey t one part sweet red vermouth, a dash o bitters and a maraschino cherry, mixec in a glass with ice. In cocktails, as with other beverage tastes, a dry version ha become more popular, using white ver mouth instead of red, and a twist o lemon peel, or even a green olive, re placing the cherry. The version of thi using Scotch is called a **Rob Roy.**

Whiskey is a precious liquid, as a least one American president knew Calvin Coolidge, when he was cam paigning for the governorship of Mas sachusetts after the first World War, kep a bottle of it in his desk drawer for VIP visitors. One of his assistants brought in such a VIP and Cal opened the bottle poured out two drinks, and buried the bottle again among his papers. Late that day, the same aide came back with another VIP. Coolidge got out the whis key again, but only poured one drink "What about me, Cal," the aide asked Cal kept his cool, and his whiskey. "You had yours this morning," said he.

As a precious liquid, whiskey need proper handling. Some of the more age versions are like liqueurs and worth splurging on for Christmas and birthday treats.

Having lived for some years in Eng land, I am inclined to approve of the British idea of drinking whiskey and cocktails and mixes made therefrom ou of wineglasses. The stem makes it easie not to warm up the drink with you hand, and the size of the bowl—9 or 1(ounces, which you do not fill to the brim —holds just the right amount for a serving. I like using a wineglass for wine and cocktails, too!

In Scotland they will mix Scotch with almost anything—with fizzy bottlec lemonade, for example. In England whiskey is often mixed with ginger wine or in a thing called **Jittersauce**—one par each whiskey and gin and 2 parts cham pagne. Well, that is one way of using up leftovers! ■

Tail-order menus
ntinued from page 149

OCKTAIL BUFFET
w vegetables with bagna cauda dip
th thinly sliced white truffles*
herry tomatoes stuffed with ground,
noked salmon* mixed with sour cream
aper-thin slices of dried beef* wrapped
ound celery or cucumber sticks
latters of smoked sturgeon* and trout*
iced, smoked turkey* or pheasant*
oached Italian Cotechino* sausage,
iced
umpernickel and French breads
selection of mustards

RIED AND FRESH FRUITS, NUTS

ll Organics, Inc., 15870 SW 216th St., Miami, Fla. 33170
rganically grown mangoes and avocados.

Harry and David, P.O. Box 712, Medford, Oreg. 97501
Royal Riviera pears, citrus fruits, avocados, dried fruits.
Fruit-of-the-Month Club.

Pinnacle Orchards, 416 Fir St., Medford, Oreg. 97501
Comice pears.

Pittman & Davis, Inc., 823 N. Expressway, Harlingen, Tex. 78550
Citrus fruits, pecans, honey.

Sunnyland Farms, Inc., P.O. Box 785, Route 1, Albany, Ga. 31705
Pecans and other nuts.

Sunray Orchards, Route 1, Box 299, Myrtle Creek, Oreg. 97457
Organic prunes

Village Orange Crate, 121 Harrison St., Cocoa Village, Fla. 32922
Citrus fruit, avocados, mangoes

MEATS, FISH, FOWL

B & B Food Products, Route 1B, Cadiz, Ky. 42211
Kentucky hams, strip sirloin steaks, also pickled watermelon rind and other pickles.

Caviarteria Inc., 870 Madison Ave., New York, N.Y. 10021
Fresh and vacuum-packed Iranian and Russian caviar. Smoked salmon, sturgeon, foie gras.

Delta Crayfish, 608 Highway 12, P.O. Box 566, Rio Vista, Calif. 94571
Live crayfish, shipped by air.

Garrapata Trout Farm, Doud Arcade, P.O. Box 3178, Carmel, Calif. 93921
Smoked trout

Harrington's in Vermont, Inc., Main Street, Richmond, Vt. 05477
Vermont hams, dried beef, Canadian-style bacon, smoked turkey and pheasant, Vermont Cheddar and maple syrup.

Hegg & Hegg, 801 Marine Drive, Port Angeles, Wash. 98362
Pacific Northwest alder-smoked salmon, canned Pacific shrimp, clams.

Imperial Wild Boar Company, Palo Corona Ranch, P.O. Box AQ, Carmel, Calif. 93921
Young wild boar, whole; hams, shoulders, loins, fresh and smoked.

Landmark, Carrbridge, Inverness-shire PH23 3AJ, Scotland
Sides of smoked salmon

Manchester Farms, P.O. Box 97, Highway 521N, Dalzell, S.C. 29040
Quail.

Manganaro's Foods, Inc., 488 Ninth Ave., New York, N.Y. 10018
Cotechino sausage, Arborio rice, aged Parmesan, roast peppers, other Italian foods.

McArthur's Smokehouse, Millerton, N.Y. 12546
Ham, bacon, sausage, smoked meats, fowl, game, trout.

Murray's Sturgeon Shop, 2429 Broadway, New York, N.Y. 10024
Smoked fish (salmon, sturgeon, trout, Alaska black cod, etc.).

Nodine's Smokehouse, Goshen, Conn. 06756
Ham, smoked fowl, eel, nitrite-free bacon and hot dogs, other meats.

Omaha Steaks International, 4400 South 96th St., Omaha, Nebr. 68127
[illegible] etc.), also pheasant, quail, smoked turkey, Florida stone crab claws, lobster tails, Irish smoked salmon

Ritchie Brothers, 37 Watergate, Rothesay PA20 9AD, Scotland
Sides of bland-cured smoked salmon, shipped by air.

Saltwater Farm, Inc., Varrell Lane, York Harbor, Maine 03911
Maine lobsters and clams, Florida stone crab claws, frozen strip steaks.

Weaver's Lebanon Bologna, Inc., P.O. Box 525, Lebanon, Pa. 17042
Lebanon bologna, hams, bacon, dried beef.

CANNED, PACKAGED, IMPORTED FOODS

Anzen Japanese Foods and Imports, 736 NE Union, Ave., Portland, Ore. 97232
Foods for all kinds of Far Eastern cooking—Japanese, Chinese, Thai, Korean, Vietnamese, etc.

Buderim Ginger Growers' Co-op Association, Ltd., P.O. Box 114, Buderim, Queensland 4556, Australia
Ginger—crystallized, in syrup, marmalade, toppings, spreads.

Casa Moneo, 210 West 14th St., New York, N.Y. 10011

Continued on next page



Mail-order menus
continued from preceding page

Foods for all types of Latin-American and Spanish cooking, including dried corn husks, chiles, tortillas, chorizos, beans.

Fauchon, 26 Place de la Madeleine, 75008 Paris, France
Special Fauchon lines of flavored mustards, preserves, honeys, herbs, etc.

Fortnum & Mason, 181 Piccadilly, London W1A 1ER, England
Gift boxes and containers of Fortnum & Mason teas, preserves, honeys, Christmas puddings, cakes, mincemeat.

Le Jardin du Gourmet, West Danville, Vt. 05873
Canned escargots, foie gras, truffles, turtle soup, many other imported foods.

Paprikas Weiss Importer, 1546 Second Ave., New York, N.Y. 10028
European imported foods, including strudel leaves, Hungarian paprika, dried and canned wild mushrooms, special spices, baking supplies.

Sahadi Importing Co., Inc., 187 Atlantic Ave., Brooklyn, N.Y. 11201
All Middle Eastern foods—tarama, taramasalata, tahini, pita, stuffed vine leaves, olives, baklava, pulverized coffee, filo dough, etc.

Paul A. Urbani, P.O. Box 2054, Trenton, N.J. 08607
Canned—and fresh, in season—white and black truffles.

Williams-Sonoma, 576 Sutter St., San Francisco, Calif. 94102
French tomato and rhubarb preserves, canned green peppercorns.

CHEESE, BREAD, GRAINS, CEREALS

Cheese of All Nations, 153 Chambers St., New York, N.Y. 10007
Every kind of cheese, including Teleme, Monterey Jack

The Birkett Mills, P.O. Box 440-A, Penn Yan, N.Y. 14527
Kasha (buckwheat groats) and other stone-ground grains.

D. M. Enterprises, P.O. Box 2452, San Francisco, Calif. 94126
Sourdough loaves, shipped by air; Monterey Jack cheese.

Harwood Hill Orchard and Gift Shop, Business Route 7, Bennington, Vt. 05201
Vermont maple syrup, apple syrup, Vermont cheddar.

Marin French Cheese Company, P.O. Box 99, Petaluma, Calif. 94952
Rouge et Noir cheeses.

Maytag Dairy Farms, Box 806, Newton, Iowa 50208
Blue cheese.

J.M. Nuttall & Co., Dove Dairy, Hartington, Buxton, Derbyshire, England
Stilton cheese in wheels, half-wheels, 5-pound pieces.

Rogue River Valley Creamery, 311 North Front St., Central Point, Oreg. 97502
Oregon blue cheese.

The Swiss Colony, 1112 Seventh Ave., Monroe, Wisc. 53566
American cheeses, smoked and unsmoked, smoked hams, etc.

Vermont Country Store, Weston, Vt. 05161
Freshly baked whole-grain bread, grits, homemade granola, cornmeal, Vermont Cheddar.

Walnut Acres, Penns Creek, Pa. 17862
Freshly baked whole-grain breads, all cereals and grains, organic apple butter, honey.

CAKES, PRESERVES, CANDY

Astor Chocolate Corporation, 48-25 Metropolitan Ave., Brooklyn, N.Y. 11237
Chocolate dessert specialties.

Collin Street Bakery, Box 104, Corsicana, Tex. 75110
Fruitcake.

Creole Delicacies Co., Inc. 533-H Saint Ann St., New Orleans, La. 70116
Fruitcake, pralines, preserves.

Hotel Sacher, Philharmonikerstrasse 4, A-1010 Vienna, Austria
Sacher torte.

HERB PLANTS AND SEEDS

S & H Organic Acres, P.O. Box 27, Montgomery Creek, Calif. 96065
Elephant garlic, Italian purple garlic, shallots, Egyptian onions, horseradish roots.

Tsang & Ma International, P.O. Box 294, Belmont, Calif. 94002
Chinese vegetable seeds.

White Flower Farm, Litchfield, Conn. 06759
Herb plants, including lovage, costmary, bay, sweet cicely, French tarragon, thyme, winter savory, also Tellicherry black peppercorns by the pound. ■

New York
continued from page 66

D. Porthault. 57 E. 57th St. Very beautiful and very expensive sheets, towels, tablecloths in linen, cotton, and also a new cotton blend that is 35 percent polyester. Now for sale in the shop itself: two Porthault patterns made by Wamsutta in 50 percent polyester. The newest print is a blue and white paisley. A queen-sized sheet costs $16.

Sherle Wagner International Inc. 60 E. 57th St. Special fittings for the bath: handpainted basins in delft, Ming, and floral patterns; wallcoverings, fauc sets, towel bars, lighting.

Carole Stupell Ltd. 61 E. 57th St. Tab settings. China and glass. Dining acce sories.

Continental Quilt Shoppe. 129 E. 57 St. An unmade bed: down quilts large sheeting cases become top she and blanket in one—quilt is thrown ov bed and isn't tucked in. The shop mak the quilts, you bring the fabric for t cover and they make that, too. Tw size around $150, queen around $17 king size, $210.

Hammacher Schlemmer. 147 E. 57 St. A famous store with a wonderf catalogue available as you walk in. T third floor has a super closet-bath sho Look for special shower and bath spray portable hanging racks, tilt-top breal fast trays.

William Hunrath Co., Inc. 153 E. 57 St. Literally hardware: faucets, spigot doorknobs, towel racks, casters, rod drawer pulls, French-door handles—i solid brass or chrome.

THE CROSS STREETS CONTINUED: FROM 54TH STREET TO 72ND

Fabrics, quilts, tile, paint, accessori

Habitat. 54th and Lexington in the ne ground-level Citicorp complex of shop Inexpensive contemporary furnitu with good design. New in the U.S. th fall, this shop comes from Englan where it is a chain.

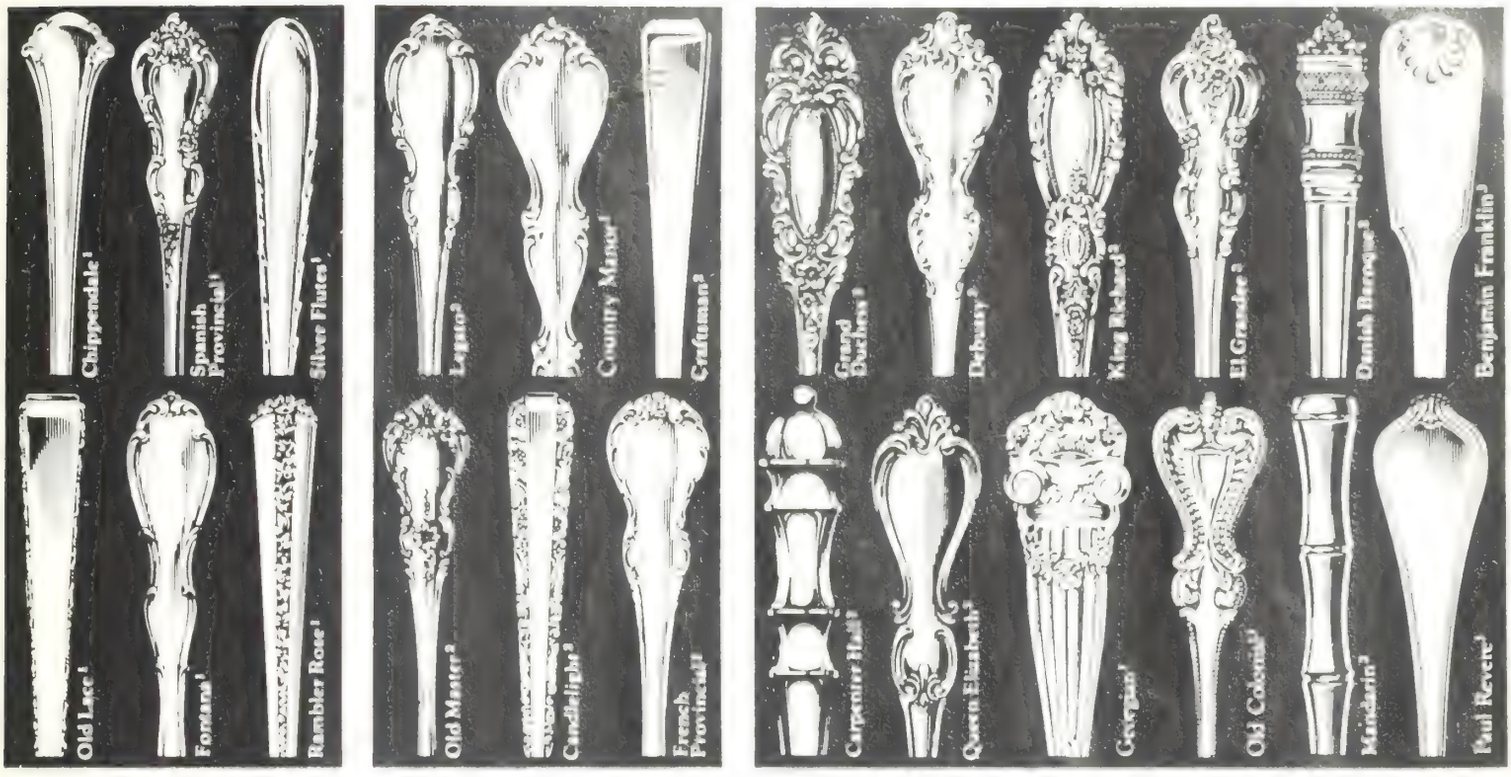
Fabrications. 146 E. 56th St. A big sho full of fabrics that come in odd shape and widths: There's a section of b prints in primary colors, some vinyl lots of ducks and denims, tiny Englis Liberty prints, which will work for sli covers but aren't strong enough (unle quilted) for upholstery, lots of batik French cottons. Downstairs the Mar mekko of Germany, called Intair, co sists of a line of panel fabrics, 65 inch wide, $20 a yard. On the way out, pic up a kimono pattern free.

Silk Surplus Inc. 223 E. 58th St. Lon narrow shop filled with bolts of velve brocade, moire, damask, taffeta, crew fabrics from Scalamandré. Some a overruns or discontinued patterns, ot ers may be flawed. One-half to two-thir off retail price.

Groundworks. 231 E. 58th St. Ope both to the trade and to the public. T the trade, it's a little fabric house th deals mostly in cotton free-floral pa terns, some from 40s and 50s design You can choose fabrics but make th purchase through a decorator at hom What to buy on the spot: huge cushion smaller pillows, napkins, tablecloth and placemats from their patterns. Co or range is mostly soft, on white an beige grounds.

The Pottery Barn. 117 E. 59th St. Han some, inexpensive pottery and kitche ware from all over the world. Five-pie place settings from $7-$35. Cuisina and parts, things that stack, trays, stai less steel bowls, straw mats. Very tid well-organized. Three other locations Manhattan. *(Continued on page 22*

33⅓% off on Towle Sterling



SET	GROUP I Reg. Price	GROUP I 33⅓% Off Price	GROUP II Reg. Price	GROUP II 33⅓% Off Price	GROUP III Reg. Price	GROUP III 33⅓% Off Price
32-Pc. Set	$1080.00	$720.00	$1240.00	$826.67	$1400.00	$933.33

PLACE PIECES	GROUP I Reg. Price	GROUP I 33⅓% Off Price	GROUP II Reg. Price	GROUP II 33⅓% Off Price	GROUP III Reg. Price	GROUP III 33⅓% Off Price
Teaspoon	23.00	15.33	28.00	18.66	33.00	22.00
Place Fork	40.00	26.66	46.00	30.66	52.00	34.66
Place Knife	37.00	24.66	41.00	27.33	45.00	30.00
Salad Fork	35.00	23.33	40.00	26.66	45.00	30.00
Place Spoon	35.00	23.33	40.00	26.66	45.00	30.00
Spreader	24.00	16.00	28.00	18.66	32.00	21.33
Iced Bev. Spoon	31.50	21.00	36.50	24.33	41.50	27.66
Place Fork, Large	48.00	32.00	56.00	37.33	64.00	42.66
Place Knife, Large	42.00	28.00	48.00	32.00	54.00	36.00
SERVING PIECES						
*Butter Serving Knife (H.H.)	29.50	19.66	33.00	22.00	36.50	24.33
*Cold Meat or Buffet Fork	72.00	48.00	80.00	53.33	88.00	58.66
*Gravy Ladle	72.00	48.00	80.00	53.33	88.00	58.66
Pie or Cake Serving Knife	35.00	23.33	40.00	26.66	45.00	30.00
*Sugar Spoon	36.00	24.00	40.00	26.66	45.00	30.00
*Tablespoon	66.00	44.00	75.00	50.00	85.00	56.66
*Tablespoon, Pierced	66.00	44.00	75.00	50.00	85.00	56.66
Hostess Set 6-Pc.	341.50	227.66	383.00	255.32	427.50	284.97

(Hostess set includes all of the pieces shown above with an asterisk (*))
Partial listing only above. Complete sale price list available upon request.



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_____ of _____ @ $ _____ each $ _____
_____ of Hostess Set @ $ _____ each $ _____

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☐ Check enclosed for the full amount, (Miss. residents add 5% sales tax) or choose one of the following methods of payment.
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____ Initial to be engraved
Check Style Engraving Desired
Script Block

(Fill in the following information only if you are using Silver Club Plan)
Credit References _____

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Satisfaction guaranteed or your money returned.

SHOPPING INFORMATION

Prices approximate, state and local taxes additional. *Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

ON THE COVER and page 110:
Painted wicker furniture: c. 1850-1930. **Couch:** 66" x 24" x 30" high. $2,100 includes matching table, rocker, and (page 110) **armchair:** 31" x 22" x 30" high. **Oval table:** 36½" x 24½" x 30¾" high. Crossed stretcher base. $295. **High back armchair:** 30" x 32" x 40" high. Rolled arms. $350. **Chaise:** 39" x 23" x 37" high. $600. **Corner chair:** 22" x 22" x 27" high. Scroll detailing. Rolled arms. $450. Muslin covered fiberfill seat cushions. Pillows not included. At The Wicker Garden.
Cotton fabric by Laura Ashley: Curtains and walls: Pattern R143. Color 2133. 8½" repeat. **High back armchair cushion:** B1623 1032. 2" repeat. **Chaise cushion:** R189 2732. 1¼" repeat. All, 48" wide. $4.75 a yd. $5.05 a yd. ppd. Coordinate wallpaper: 21" wide. 11 yd. roll. $9.95. $10.95 a roll ppd. **Corner chair cushion:** R197 white and raspberry. **Floor pillows:** $65 white and strawberry. Both 36" wide. $3.75 a yd. $4.05 a yd. ppd. At Laura Ashley, New York and San Francisco. Mail order from Laura Ashley, 735 Montgomery St., San Francisco, Calif. 94111.
Cotton fabric on couch cushion and pillows: "Guinevere": 54" wide. 25¼" repeat. Canterbury red. $15 a yd. By Laura Ashley for Raintree Designs. Write Raintree Designs, 979 Third Ave., New York, N.Y. 10022 for nearest store.
White lacquered cocktail table: 55" x 26" x 16½" high. Beveled edge and legs. $800. From Philip Daniel.*
French oak carved oval mirror: 43" x 37". White lacquer finish. 19th c. $460. At Stuart Greet.
Red lacquered table: 15½" sq. x 17" high. $690. From Paul M. Jones.
Wooden mantel: $575. At William H. Jackson.
Antique Staffordshire ceramic dogs: 13" high. $85 each. **Black lacquered tea table:** 24" diam. x 15" high. Ginko wood. From Korea. $275. Both at Lord & Taylor.
Antique glazed ceramic ginger jars: 9" high. $750 a pair. **On wicker table: Antique chinoiserie black lacquered box:** 9" x 6" x 5" high. 18th c. $270. **On tea table: Japanese inlaid wood box:** 4" sq. x 4" high. $525. **Tin footbath:** 25" x 20" x 10" high. Enameled interior. $240. **Green ceramic leaf dishes:** 6½" diam. $75 each. All at J. Garvin Mecking.
Antique French glazed ceramic lamp: 24" high. **On cocktail table: Antique ivory and ebony candlesticks. Antique quill basket:** 10" x 8" x 4" high. **Lacquered tray:** Monkey design. 11" x 9½". **On tea table: Black lacquered bowl:** 9" diam. 19th c. Japanese. All at John Rosselli Antiques.*
"Modillon Block" cornice molding: 4" high. 5" projection. 17⅛" repeat. Of lightweight polymers. From Focal Point, 4870 S. Atlanta Rd., Smyrna, Ga. 30080.
PATTERN IS
Pages 104-105:
Fabric: On walls: "Prunelles," color 14. **Curtains and wall border:** "Sorbiers," color 14. **Trunk cushion and inside of upholstered armchair:** "Perosa," color 1. **Outside of upholstered armchair:** "Sorbiers," color 5. **Quilt and pillows:** "Sorbiers," color 15. All, lightly glazed Swiss cotton. About 50½" wide. From the Marella Collection for Abraham-Zumsteg.
Victorian painted slipper chair: Needlepoint seat and back. $450. **Oil lamp:** Pink silk shade. $1,400 a pr. **English mahogany library stairs:** $2,000. **Bamboo and wood diamond shaped table (left of bed):** Painted wood top. $350. **Primitive American painting:** Garden scene. $950. **Faux bamboo double bed:** Burled wood panels. $1,200. **Cane and bamboo trunk:** $400. **Upholstered Victorian armchair:** Tufted back. $600. **Faux bamboo painted bench:** Needlepoint seat. $500. **Victorian marble top drop-front desk:** $1,250. **"Les Pompiers" painted lead sculptures with clock:** $700. **English porcelain jardinière:** Floral design. $600. All from Robert Denning & Vincent Fourcade. **Antique Oushak Oriental rug:** From Stark Carpet.*
PATTERN IS
Pages 106-107:
Fabric: On chairs and chaise: "Cassis," color 21. **Bordering chairs and walls:** "Allegra," color 21. Both, lightly glazed Swiss cotton. About 50½" wide. From the Marella Collection for Abraham-Zumsteg.*
Louis XV daybed: Antique finish. Loose seat cushion (back pillows not included). Two round bolsters. **Black lacquered Portuguese desk:** Tooled leather top. 9 drawers. Early 19th c. Both at Stuart Greet.
Mantel: Wood and cut glass. $750. At William H. Jackson.
Antique English book panel doors: 18th century. At Florian Papp.
Antique Empire chandelier: Crystal, rare ruby, and brass. c. 1800. At Stiegler.
Double-hung wood windows: Double pane insulating glass. Weather stripped. Removable grilles. About $70 ea. By Caradco. At building suppliers and lumberyards.
PATTERN IS
Pages 108-109:
Sofa: 85" x 35" x 30" high. $965 COM. **Slipper chairs:** 28" x 32" x 30" high. $480 COM. **Split chestnut dining chair:** 25½" x 21" x 37½" high. From France. $45. **Rattan cocktail table:** 36" sq. x 30" high. Glass top. $295. **Left of sofa: Two rattan stacking trays (as table):** 21½" x 15½" x 11" high. $135 ea. **Fan wall lamps:** 22" diam. x 29½" high. $75 ea. **Shell pharmacy lamp:** 38-60" adjustable height. Chrome. $189. **Oval celadon china plates:** 9¼" diam., $6. 6¼" diam., $3. By Fitz & Floyd. **"Picasso" stainless steel flatware:** 5 pc. setting, $10.50. By Dalia. **Wineglasses:** 16 oz. each. Four for $18. **"Alta Sphere" glass vase:** $35. By Atelier Vitreon. **On ledge: Basket (with geraniums):** $17.50. **Wooden fish:** $200. **Under ledge: Antique basket:** $225. **On cocktail table: Basket:** $65. **Coral:** $15-$37.50. **Handmade stoneware bowl:** 7½" diam. $30. All at Bloomingdale's.
Cotton fabrics: On sofa: "Bonny Dundee": Kensington Green (10 yds.). **On slipper chairs:** "Bonny Dundee": Hastings Yellow (5 yds. ea.). **Curtains:** "Brignall": Kensington Green. **Tablecloth:** "Bonny Dundee": Kensington Green and "Brignall": Hastings Yellow. All, 54" wide. 25¼" repeat. $15 a yd. **Coordinate wallpaper:** $15 a roll. By Laura Ashley for Raintree Designs. At Bloomingdale's, or write Raintree Designs, 979 Third Ave., New York, N.Y. 10022 for nearest store.
"Ukiyo-E" silkscreen and lithograph: By Jack Youngerman, 1976. Edition of 150. $250 unframed. At Pace Editions.
PATTERN IS
Pages 110-111:
Rugs: By fireplace: "Clovelly": 4' x 6'. Shown in green. About $190. **In bedroom:** "Ashley Colorwise": 5'6" x 8'. Shown in heather. About $375. Both of Anso nylon. Other sizes and 54 custom colors available. Both by Laura Ashley for Regal Rugs. At Frank Bros., Long Beach; Higbee's, Cleveland.
Fabrics, lower left and center: Part of full sample selection of Laura Ashley fabrics and wallpapers: $3 ppd. from Laura Ashley, 735 Montgomery St., San Francisco, Calif. 94111.
"Swan Sea" quilted comforter: Filled with Dacron fiberfill II. Shown in Wedgewood. Twin, about $75. **"Swan Sea" ruffled pillow sham:** About $20. Both of cotton. By Laura Ashley for Countess York. At Dayton's, Minneapolis.
"Clovelly" quilted placemat: 19" x 13". "Guinevere" pattern on back. About $3.50. **"Guinevere" napkin:** 20" sq. About $2.50. Both, cotton and polyester. Designed by Laura Ashley. From the Table Topping collection by Frank McIntosh for Leacock. At Henri Bendel; Rich's, Atlanta.
Sewing box: 12" x 8" x 3¾" high. Covered in a variety of Laura Ashley prints. Divided lift-out tray. $20 at Laura Ashley, New York and San Francisco. $22 ppd. from Laura Ashley, 735 Montgomery St., San Francisco, Calif. 94111.
Pleated crownless straw hat: Flower trim. At Narcissa.
Fabric on bedroom walls and chair cushion: "Guinevere" cotton: Bristol blue on white. 54" wide. 25¼" repeat. About $15 a yard.
Vinyl wallpapers (in basket): Left: "Clovelly": Canterbury Red. **Third from left:** "Guinevere": Canterbury Red. **Right:** "Clovelly": Kensington Green. All 28" wide. 18" repeat. Fabric and wallpapers above by Laura Ashley for Raintree Designs. Write Raintree Designs, 979 Third Ave., New York, N.Y. 10022 for nearest store.
Vinyl wallpaper (in basket): Second from left: "Laura": Ashley blue on white. 27" wide. 28" repeat. Custom colors also. About $27 a roll. Coordinate fabric available. By Laura Ashley for Kirk-Brummel.*
Flowers and containers: (bedroom, table setting, by fireplace): Linda Trinkle Wolf, Interiors That Grow, New Rochelle, N.Y.
WHITE IS
Page 114:
In room designed by Noel Jeffrey: Lacquered linen-covered coffee table: Designed to order from Noel Jeffrey.
Upholstery and window shades: By Celia Roth.
Dracaena "Janet Craig": At The Grass Roots Garden.

Continued on page 168

ONE WEEPING TOILET CAN CRY BUCKETS.

Just one weeper can waste 214 gal-ns of water per day. Believe it or not, at adds up to 78,000 gallons per ear. It just doesn't make sense to ave that much waste and money go own the drain. Especially since leaky ilet problems are easily fixed with vo Fluidmaster® water savers.

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FLUIDMASTER, INC.



Shopping information
continued from page 166

In room designed by Mark Hampton: Geraniums: At The Baywoods, Watermill, N.Y.
Page 115:
In Larsen apartment: Plants: By Peter Dunlop, Horticulture House.
In room designed by Albert Pensis: Sofa: 90" x 35" x 31" high. $2,039 as shown. By Baker. **Laminated coffee table:** 54" x 30" x 16" high. $149. By DIA. Both at W & J Sloane.
Appliquéd wall collage: Crafted by Ava Bergman. To order through W & J Sloane. **Fabric on sofa, and fabric used for wall collage:** From Marignan.*
Pages 116-117:
In room designed by Harrison Cultra: "Blue Shadow" oil on canvas: 54" x 40". By Kenzo Okada, 1970. $12,000 framed as shown. At Betty Parsons Gallery.
Page 118:
In room designed by Marta Kramer: All furnishings: At Lord & Taylor.
Pages 120-121:
In room designed by Stanley Friedman: "Radiator" bed: 98" x 64". Tubular stainless steel frame. Two bolsters. Four pillows. $3,700 COM. Designed by Stanley Jay Friedman for Brueton Industries.*
Draperies and bed pillows: By Carlott Decorators, Englewood, N.J.
"Simplicity" mirror panels: At American Custom Mirrors, Bohemia, N.Y.
"Majestic" carpet: Acrylic and polyamide. From Stark Carpet.*
Lacquered wood pedestals: 22" sq. x 42" high. $540 each. At P. Subacchi.*
GREEN IS
Pages 122-123:
"Buddy L Grillmaster": 27¾" diam. x 28" high. Tubular folding tripod legs. Slide and snap assembly. $9.59. By Neosho. At Woolco and large F.W. Woolworth stores.
"One Hand Party Tray": Disposable 9 oz. plastic tumbler in built-in well. 7" x 5⅜" x 1½" high. Dishwasher-safe acrylic. Set of 12, $10. By Designworks. At Jenny B. Goode, N. Theobald, Indianapolis.
"Running Wild" striped cotton: 48" wide. About $28.50 a yd. From Carleton V.*
"Brookside" cotton tablecloth: 52" x 70". $14. **Matching napkin:** 17" sq. $2. By Anne Klein for Robinson & Golluber. At Hudson's, Detroit.
Two-gallon jug: About $12. **Insulated cooler:** 35 qt. capacity. About $22. Both by Thermos, div. of King-Seeley.
"Green Grass" cotton and Dacron polyester sheets: Queen size, about $16. **Pillowcases,** about $8. **Bath towel,** about $8. Designed by Cindi Mufson for Martex, West Point Pepperell.
Suede throw: $12-$16 per sq. ft. Handmade to order by Juan S. Behr Design. From Tapestry Associates.
"Wave Lengths" sheared jacquard towel: Cotton and Dacron polyester. Bath size, about $8.75. By Martex, WestPoint Pepperell.
Laundry basket: 20" diam. x 11½" high. Molded plastic. About $3.98. By Rubbermaid.
"South of the Border" cotton: 54" wide. About $25.25 a yd. From Carleton V.*
"Green Leaves" enameled steel cookware: Brass handles. Gold-plated rims. Dishwasher- and ovenproof. 2½ qt. covered stockpot, $37. 1½ qt. casserole, $35. 1½ qt. covered saucepan, $36. By Asta. At Hammacher Schlemmer.
Enameled cast iron cookware: Teak handles. 10" frying pan, $29.95. 1 qt. saucepan, $20.95. By Le Creuset.
Hand painted earthenware: Octagonal platter: 12" x 10", $30. Platter: 17" x 12", $77. Tureen, ladle, and platter: Special order. From Portugal. At Country Floors, N.Y. and Westport.
Velvet loveseat: 64" x 38" x 27½" high. Tufted seat and back. Upholstered legs. Loose seat cushion. $949.50. By Ethan Allen. Write Ethan Allen, Box 1066, Danbury, Conn. 06810 for nearest store.
Loose-cushioned sectional: Corner: 35" x 35" x 30" high, $360. Armless: 25" x 35" x 30" high, $287. Bloomcraft fabrics: frame, "Tiny Leaves," cushions, "Parfait." By Lee. At Lord & Taylor.
Loose-cushioned sofa: 76" x 32" x 29" high. Glazed lacquer finish. Pecan trim. Upholstered in "Vine Mint" cotton. $1,290. By Tomlinson. At John M. Smyth, Chicago.
Loose-cushioned loveseat: 58" x 34" x 28" high. Rayon and cotton upholstery. Two throw pillows. $937. By Hickory Chair. At Lord & Taylor.
"Bouloum" chaise: 26" x 57" x 27" high. "Avignon" nylon stretch knit upholstery. Designed by Olivier Morgue. $370. From Airborne/Arconas.*
"Six Packer" cooler: 12 qt. About $15. By Thermos, div. of King-Seeley.
Pillows: 20" sq. Acetate satin. Filled with kapok. By Price-Walker. $52.50 ppd. from The Uncommon Market, Box 11788, Lexington, Ky. 40511.
Lacquer and cane tray: 22" x 18". $72. By TAITUus through Keith Smith. At Nessa Gaulois, Miami.
"Green Vine" table lamp: 21" diam. x 28" high. Ball base. Chrome stem. Closes for storage. $39. By Bob Van Allen for George Kovacs. At George Kovacs.
Hinged plastic box: 6" x 11". Blue, yellow, brown, white, red, green. $6 ppd. from Wilburt, 194 Third Ave., New York, N.Y. 10003. **Hinged mirror:** 4¾" x 3¾". One side magnifying. $5. At Design Research.
Divided tray: 15½" x 11½" x 1½" high. Movable partitions. $7. At Hess's, Allentown, Pa. All by Wings Over the World.
Earthenware pansy plates: 12" diam., $21 ea. 7" diam., $7 ea. 3" diam., $3 ea. By Ernestine. Imported by Villeroy & Boch. At Jacobson's Yankee Traveler, Sarasota; The Lemon Tree, El Paso; Mayhew.
"Oriental Fishes" cotton sailcloth: 54" wide. 24" repeat. From Lee/Jofa.*
"Gwendolyn" cotton chintz: 54" wide. 24½" repeat. From Stroheim & Romann.*
"Panama" glazed cotton chintz: 52" wide. 21" repeat. Zepel finish. From Brunschwig.*
"Color Fling" mineral reinforced fiber floor tiles: 12" x 12". Self adhesive. 89¢ per sq. ft. By GAF.
Loose-cushioned slipper chair: 21½" x 26½" x 31¼" high. Cotton/rayon upholstery. $325. From the Collector's Mix collection by Hickory Chair. At Lord & Taylor.
Wing chair: 30½" x 32" x 44" high. Mahogany frame. Madeira finish. $618. By Henredon. At Marshall Field, Chicago.
Wing chair: 35" x 34½" x 43" high. Cherry frame. Schumacher fabric. $400. COM. By Harden. At W & J Sloane.
Open arm chair: 35" x 31" x 31" high. Pecan frame. Cotton upholstery. $345. By Founders. At Hudson's, Detroit.
TREAT A WINDOW
Page 137:
In room designed by Anne Tarasoff:
Cotton fabrics: 51" wide. **On walls, quilt, pillows:** #5693/11. 19" repeat. $30 a yd. **Dust ruffle:** #5708/1. 1" repeat. $18 a yd. **Chaise:** #5668/1. 20" repeat. $24.75 a yd. From Marignan.*
"Susanne" desk: 35½" x 14½" x 30" high. Burled walnut. Kidney shape. Four drawers with wallpapered interior. $680. From Trouvailles.*
Antique brass headboard: Brass carvings. From Barnette Shure Antiques*, Valley Stream, N.Y.
"Tibet" wool durrie rug: 8' x 10', $1,069. 6' x 9', $719.82. From Saxony Carpet.*
Pages 138-139:
In room designed by Michael Taylor:
"Parisi" table: 61" x 54" x 15" high. Ash burl. Center panel of bronze. $4,500. From Karl Springer.* Chairs and stone-topped tables: By Michael Taylor*, San Francisco.
In room designed by Clare Fraser:
"Tulip Mania" cotton: 48" wide. 27¼" repeat. From Brunschwig.*
Antique Louis XVI painted double bed with canopy. Lacquered Japanese food box with cover (holding magazines). Both at Matthew Schutz.
Lacquered oval night table: 20" x 16½" x 24" high. Two drawers. $1,280. Designed by Ron Seff. From RES.*
"Pande" wool Berber rug: From Stark Carpet.*
GARDEN IN STITCHES
Pages 140-141:
"Poppies" cotton batiste tablecloth: 90" round. Cotton/polyester appliques. Handembroidered to order. $750. Designed by Inman Cook. Crafted by Toshiko Tanaka. At Woolworks.
French Park Folding Chair: 17" x 14" x 31¼" high. Wood and steel frame. $35. At Jenny B. Goode.
"Wedgwood White" bone china dinner plate: $35 per 5 pc. place setting. By Wedgwood. **"Faneuil" sterling flatware:** $113.25 per 5 pc. setting. **"Polaris" crystal wineglass:** 12 oz. $2.50 ea. **Crystal carafe:** 26 oz. $12.75. **Sterling frog salt and pepper shakers:** 2" high. $225 a pair. All at Tiffany.

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INE & FOOD COVER
hite rimmed soup plate: 9½" diam. Chi: istant Pyroceram. By Corning. $38.50 a zen. 4 dozen minimum. **Wine glass:** 5½ $5.85 a dozen. 3 dozen minimum. th at The Professional Kitchen.

BUILDING FACTS

aterials and equipment used in the house on pages 130-133

CHITECT: Antoine Predock
NTRACTOR: Homes by Marilynn
ZE OF HOUSE: 4,500 square feet

RUCTURE
oundation: Concrete footings with con-ete masonry unit stem wall.
raming: In living room, laminated wood ams and deck by Boise Cascade Products. l other framing, conventional wood sts.

XTERIOR OF HOUSE
terior walls: Concrete masonry units by redo Block.
terior finish: All exposed surfaces inte-ally colored stucco or sandblasted con-ete.
oofs: Sprayed polyurethane insulation by oly-Cap.
sulation: Polyurethane-sprayed roofing d vermiculite fill in concrete masonry it; batt insulation in ceiling.
indows: Operable wood casement win-ows by Pella Windows; fixed frame win-ows by Kawneer.
oors: Flush ash veneer doors from Den-son Doors.
arage doors: Automatic overhead garage oor with rough sawn cedar plywood facing Overhead Door.

TERIOR OF HOUSE
terior walls: Sprayed silica sand finish on ywall by U.S. Gypsum Co.
terior finishes: In major rooms, latex int; in baths, enamel paint, by Wellborn ints.
eilings: In living room, spruce decking er fir glue laminated beams by Boise scade Products; in all other rooms rayed silica sand finish on drywall by U.S. ypsum Co.
oors: In major rooms and kitchen, brick oor by Kinney Brick Co.; in baths, Vene-an glass tile by Latco; in all other rooms k floors by Bruce.
ireplace: Custom built by contractor.
itchen and bathroom cabinets: Ash full erlay cabinets custom built by contractor.
itchen and bathroom countertops: In tchen, Nevamar plastic laminate counters; baths, Venetian glass tile counters.

ECHANICAL EQUIPMENT AND PPLIANCES
ppliances: Dishwasher by KitchenAid tv. Hobart Mfg. Co.; food waste disposer Thermador/Waste King; oven by Whirl-ol Corp; cooktop by Jenn-Air Corp.
eating System: Solar assisted heat pump stem including heat pump units by Amer-an Air Filter; controls by Honeywell and a Pack; electrical back-up heating by ational; heat exchangers by Patterson-elley.
ooling system: Evaporative water coolers Baltimore Air coil with heat pumps by merican Filter. ■

Needlepoint tablecloth

3. **Planning design:** [illegible] place. Outline with pencil or washable ink. [illegible] sure lines are clear. Mark each element with symbol for its color.

4. **Cutting the parts:** [illegible] on colored fabrics, outline, cut out all pieces you'll need. Trace star-burst design onto tracing paper, turn over and retrace lines in chalk or soft pencil. Turn paper right-side-up on cut-out flowers and redraw lines so they mark fabric. Darken them if necessary and cut out starbursts. Do the same for flower centers, cutting them out of dark blue. Trace shadows from cloth itself, transfer to lilac, and cut out.

5. **Basting:** Baste flowers and shadows in place. Mark on star-burst tracing which parts are to be filled in in which color; transfer to appropriate fabric—orange or red—and cut out pieces. Fit into design on cloth and baste in place. Baste some bright green leaves to wrong side of fabric, the rest on top.

6. **Sewing:** Using crewel outline stitch, start sewing with poppies. Use either a matching thread or a contrasting one—Ms. Tanaka embroidered with either orange or red on flowers, sometimes matching, sometimes contrasting. When two pieces of appliqué come together, use only one line of stitching to fasten both to cloth. Sew down flower centers and beauty spots. Use a contrasting color for them like the bright emerald green Ms. Tanaka chose. Embroider lilac in matching floss; vary greens for leaves. Stitch shadow leaves from right side of fabric in white to keep subtle effect. ■

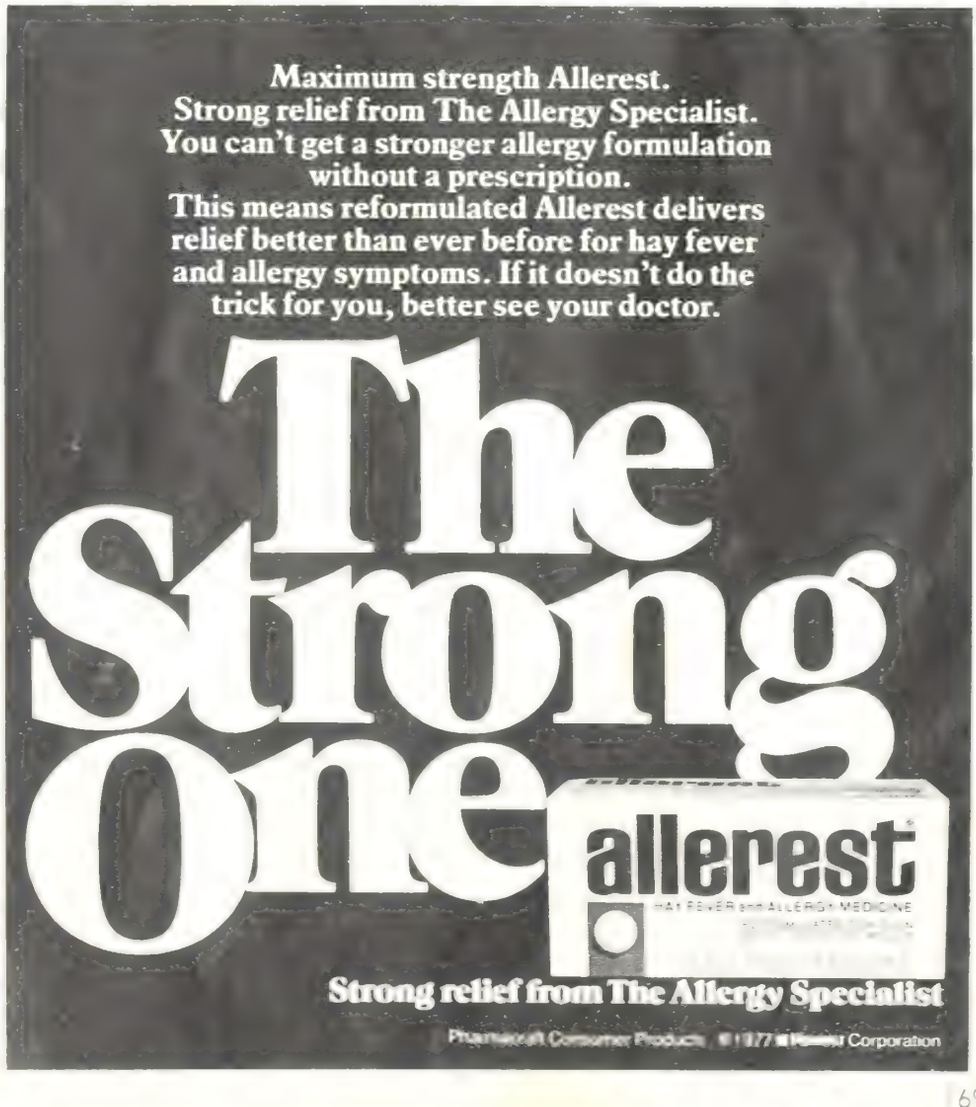
Fans

[illegible]

2,000 cfm. Thus, for a 2,000-cubic-foot space, a 10-inch fan should be sufficient.

Other factors affect the fan's performance. In terms of noise, *plastic blades* are quieter, but it's well to test your potential buy for loudness first. The *pitch of the blades*, that is, the angle of their setting is important. The deeper they are angled, the better they will propel air forward; unfortunately, they'll be noisier, too. *Speed settings* are essential for all-year-round use; you need a mere zephyr for winter heat distribution, a brisk current for summer cooling.

The Home Ventilating Institute tests and rates member companies' fans. Its sticker assures you claims for the product have been proven. It also gives a sones figure. The sone is a unit of loudness, about equal to that of a quiet refrigerator. The Institute has useful booklets to help you purchase. *Flush Out Attic Heat* is free. The *HVI Guide to Basic Fan Types* is 50¢. HVI, 230 N. Michigan Ave., Chicago, Ill. 60601. ■



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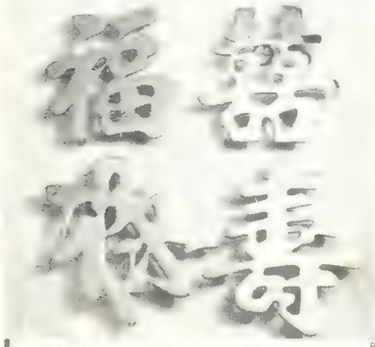


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Grandma's wood stove and match holder were as inseparable as love and marriage. Now you can have a cast iron copy to lend nostalgia and country charm to your own kitchen It's $2\frac{7}{8}$x4x7¼″ and designed to hold a full box of wooden matches. A handy fireplace accessory.
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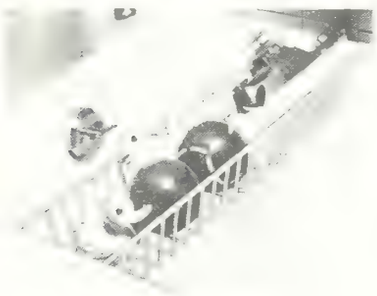


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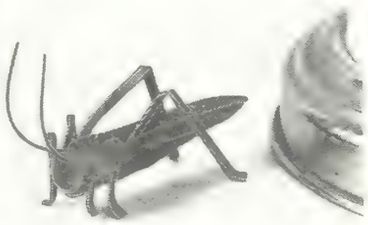


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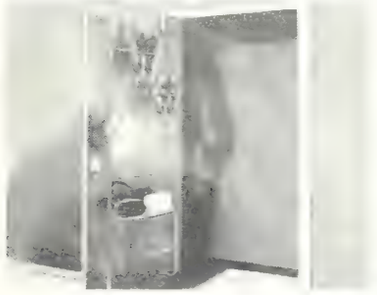
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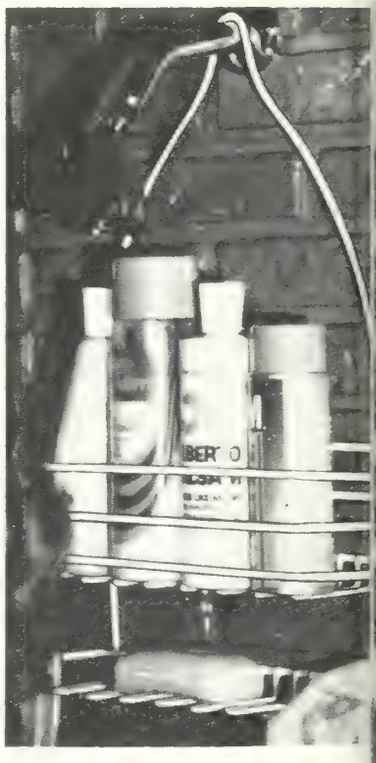


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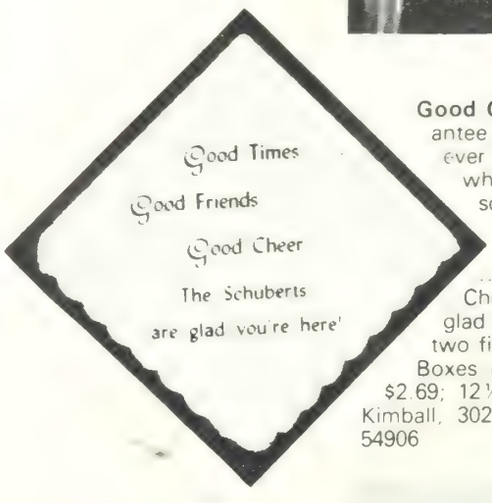
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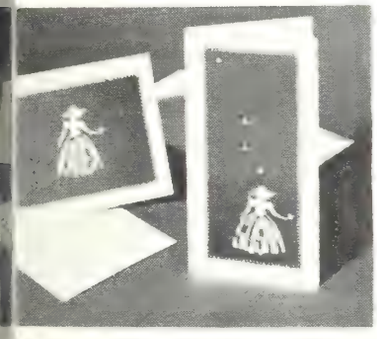
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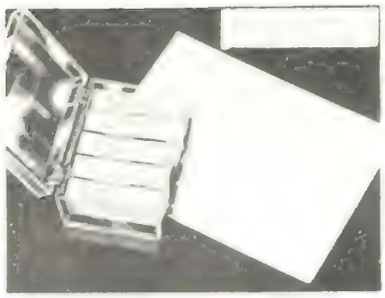


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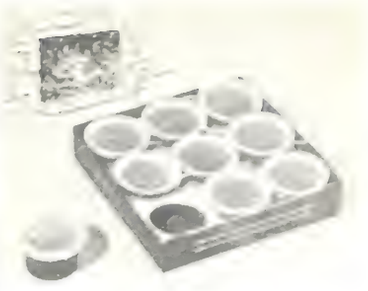
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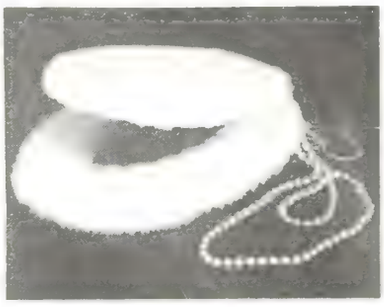
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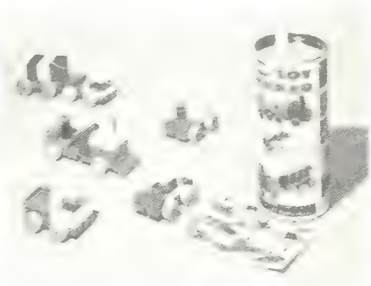
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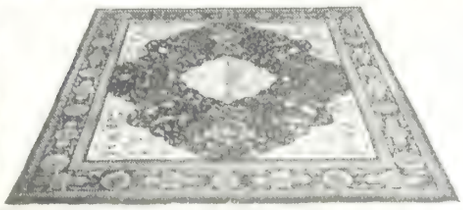
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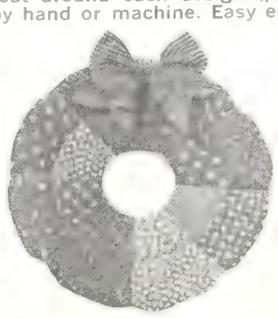
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Simply cut around each design (printed front and back) and seam together by hand or machine. Easy enough for a child to do.





Kit for Quilted Wreath

Pre-printed patchwork in colorful calicos, bonded polyester for stuffing; red and white striped fabric for the bow, complete instructions. Finished size, 17".

Kit for 6 Stuffed Ornaments

Pre-printed fabric in bright calicos, bonded polyester for stuffing; red embroidery thread to make braided loops, complete instructions. Finished size, 7" each.

Wreath .....**$4.95 each—2 for $8.95**
6 Ornaments ....**$3.95 each—2 for $6.95**
Add 75¢ postage & handling for each kit.

PhoeBe
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Lake Success, N.Y. 11020

"Bengal Tiger" *An original design by Jay Lewis*



Hand painted on Calif. Ponderosa Pine

$79.95

We pay shipping

Color Catalog of florals, animals, landscapes, etc. $1.00; free with order

This large 31"x41" wood painting is ready to hang, needs no framing. Tiger colors are white, black and yellow on a warm brown background. A handsome addition for your living room, den or office.

Please send check or money order. B.A. or Master chg. accepted. Include # and expiration date.

Please allow three weeks for delivery.
Our policy: full refund if not completely satisfied.

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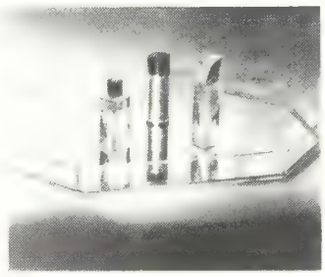
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Boston fern preserved chemically to stay fresh indefinitely with no water, light or high humidity. Ideal for dark areas unsuitable for other plants. Lush fronds spread to 3½ ft. In 7" clay pot. $19.95 plus $2.50 post. Bloomin' Attic, HG9, 418 So. Washington St., Royal Oak, MI 48067.



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Can help you copy most fashions, create over 1200 perfect-fitting patterns. Step-by-step pictures, instructions. Kit 20" by 8": overlay system, trans-dart device, armhole markers, French curve. $6.95 plus $1 post. Perfect Fit Publishing Co., RS-15K, 380 Madison Ave., New York, NY 10017.



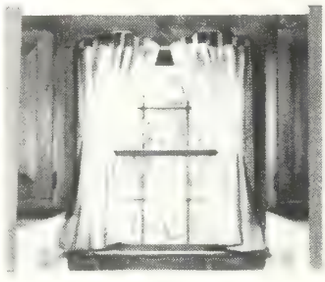
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Beauty tray of crystal clear Lucite puts an end to jumble on dressing table or bathroom shelf. Mirror base reflects toiletries, perfumes, cosmetics. 18" l., 12" w., 2" h. Rubber feet protect surface beneath. $25 plus $2 post. Models, HG9, 114 Marine St., Farmingdale, NY 11735.



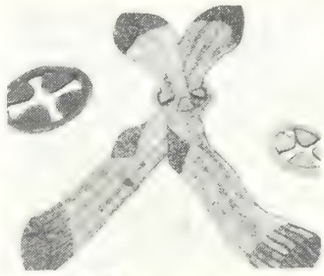
SAFE RETURN

Anyone will know where Fido or Felix belongs when his ID tag tells all: name, address and telephone number (specify), all permanently engraved on a stainless steel disc. A reassuring "insurance"! $1.25 ppd. Free catalogue. Write to Holiday Gifts, Dept. 309-7D, Wheat Ridge, CO 80036.



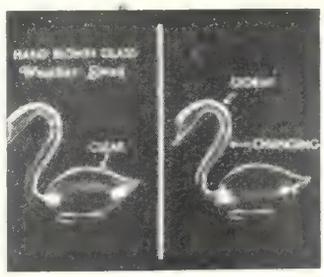
GINGHAM CHECK TABS

Cheery accent in tab curtains. ¼" check. Yellow, green, red, brown, blue or pink. Approx. 80"w. per pr. 36", 40"l, $16; 45", 54"l. $17. 63", 72"l. $20. Add $2 post pe order. Send for free catalogue. Sample swatches, $2. Constance Carol, HG9, Box 899, Plymouth, MA 02360.



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Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to the dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 40¢ post. Anthony Enterprises, HG9, 55 Mission St., San Francisco, CA 94105.



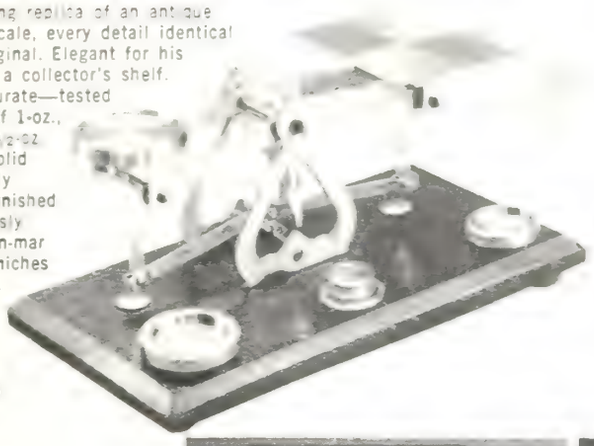
WEATHER WATCHER

Hand-blown glass swan serves as barometer. Add some tap water; if it rises in the swan's neck, low pressure area (bad weather) is coming; good weather causes water to fall. Or use as bud vase. 3" high. $2.98 ppd. David Burban, HG9, 910 Hampstead Ave., Richmond, VA 23226.

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shakespeare shelf

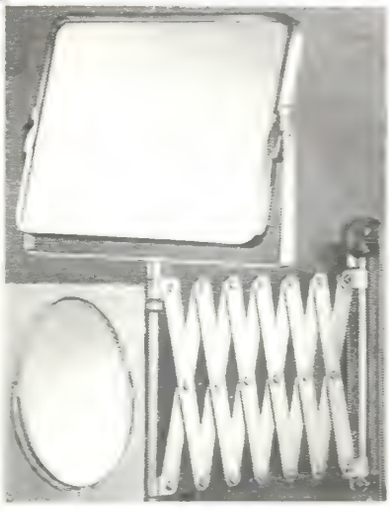


Delightful gift, a treasury that's ours alone. Six mini-volumes in a luxe glossy-papered slipcase, all handmade and hand-bound by English country craftsmen in a centuries-old workshop. Five best-loved plays (the one you can't see is "Romeo and Juliet"), all his known poems and sonnets, plus actual replicas of dedications and title pages. Gilt-edged books 3¼x2¼", the case 3½x2¾x4½" high, with a pull-out ribbon on its shelf. All gloriously designed, charming in blue and white.
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A gift of love! **$3.98**

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Comes to you—easy on the back! Great for makeup and shaving, great for hair styling—a back view with both hands free! Two-faced 8x6" wide-view mirror extends to 30", flips from plain to magnifying, swivels for best angle and light, folds flat to wall. Polished chrome-plated metal.
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SALE! OVAL (small view) As above, but face-framing 6x9" oval shape. Was $14.98!
4723 Oval Mirror $10.98





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1640	Pear Tree	1493	Baby in Crib
1645	Carousel	1637	Pair on Sled

Each $1.98 6 for $10.98

apital idea!

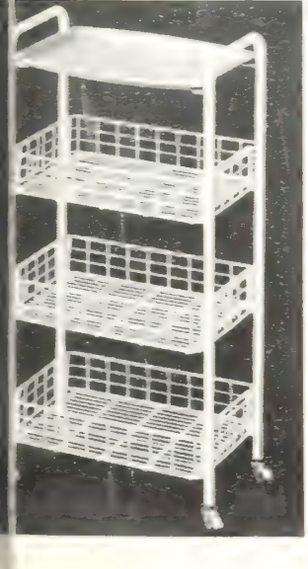
Monogram your wall—one initial, two, three, a whole name! Solid carved wood, sun-dried, handsome natural grain. 6¾" high. PRINT letters.
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mini-tools

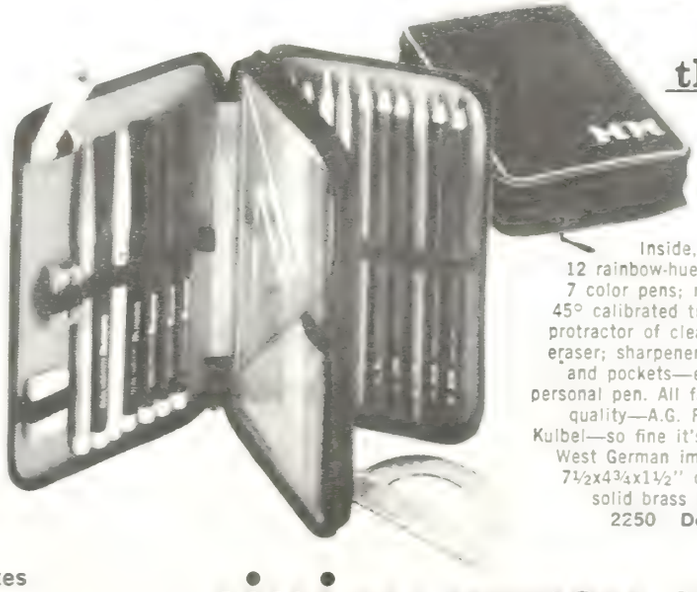
Natural beechwood by famed Sevi of Italy! Gourmet needs in enchanting miniature—the coffee pot just 1½" high. Unique gift for a dollhouse or collector's shelf—18-piece set includes removable lids on coffee pot and teapot. And the coffee-grinder handle really turns! Our own import.
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storage on wheels!

Rolling cart of endless uses! Goes everywhere with cleaning needs, fits a narrow space for extra roll-out storage, goes outside with all you need to grill and serve a meal. Great also for stationery or hobby supplies. White vinyl-clad metal assembles without tools—baskets slip in side slots to form a rigid frame, slip out again any time to store away. Our own Italian import with 11¾x14¾" lift-off tray of orange plastic, three 10x14½x2½" basket-bins, and free-wheeling casters of finest quality. 31½" high.
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. . . for designers, artists, draftsmen, students! Genuine black leather case has twin zips, lies flat when opened. Inside, all this: fine pencils, 12 rainbow-hued, 4 soft-to-hard lead; 7 color pens; ruler (inches and cm.), 45° calibrated triangle and architect's protractor of clear acrylic; pen holder; eraser; sharpener. All secured in loops and pockets—extra loop for a prized personal pen. All fame-name professional quality—A.G. Farber-Castell, Edding, Kulbel—so fine it's guaranteed. Our own West German import, sturdily stitched 7½x4¾x1½" case personalized with solid brass letters. PRINT initials.
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PRINT all personalization. Satisfaction always guaranteed.
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WICKER WONDERLAND



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Sizes	Match-stick	Tortoise Shell
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36"x72"	6.50	10.50
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72"x72"	11.50	16.50
96"x72"	13.50	19.50
120"x72"	16.50	23.50

Add $1.00 postage per shade

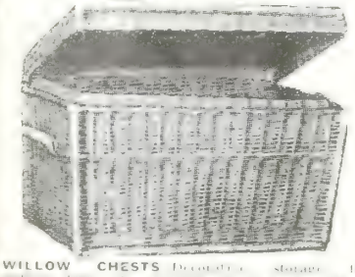
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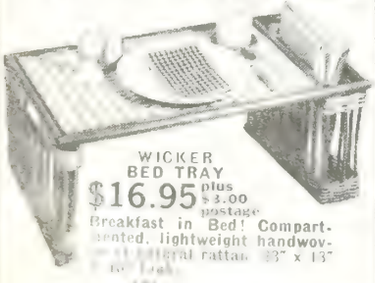
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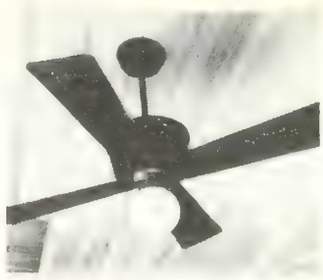
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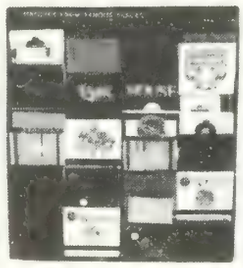
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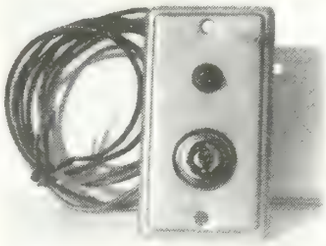
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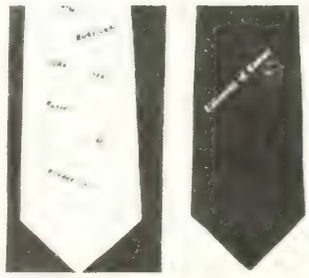
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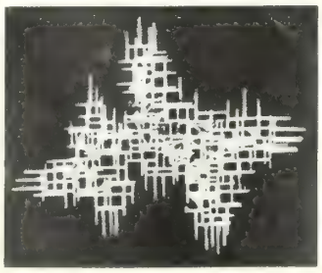
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For grandfather (or father), the children's names (up to 10) are silk-screened in black or white (depending on tie color). For university, send name and copy of seal. Polyester. Dry clean. Navy, black, brown, green, royal blue, $14.50 plus 50¢ post. Bruce Bolind, HG9, Boulder, CO 80302.



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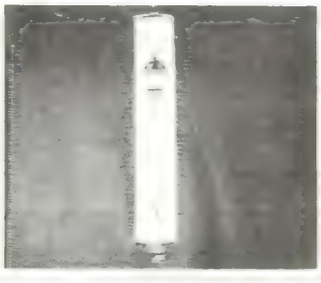
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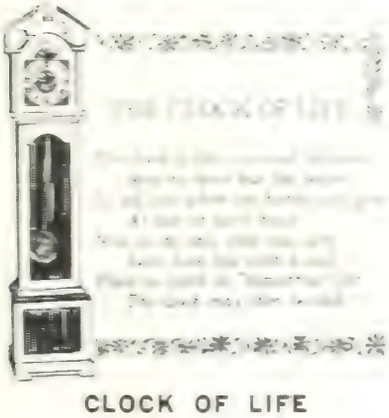
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ONE PERFECT ROSE

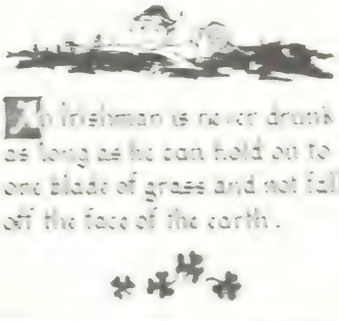


Unicorn Gallery

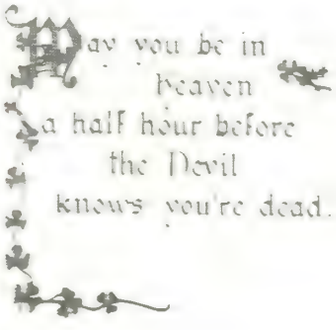
CERAMIC TILES



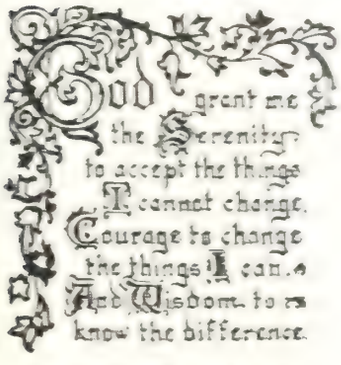
CLOCK OF LIFE



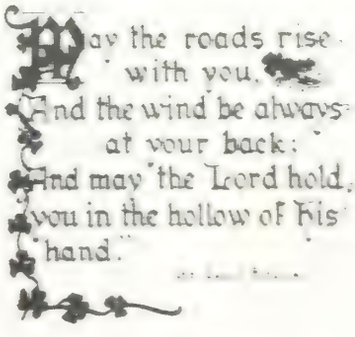
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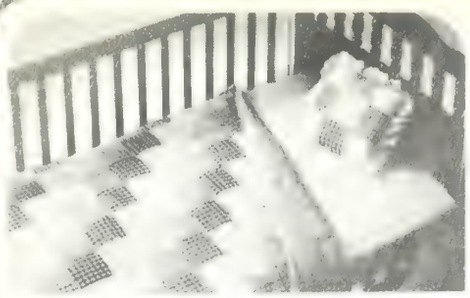


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$4.98 Each — 75c Mailing Each Add 6% Sales Tax in California

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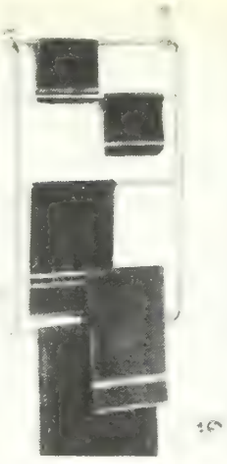
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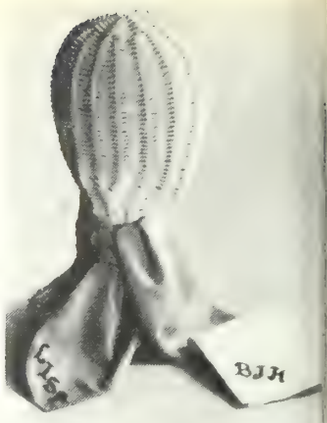
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Contemporary towel rack hangs from standard flush door or is permanently attached to door or wall. Easily installed without tools. Brass or nickel plate. Rack holds five towel rods in space 33½" h., 17" w., 3" deep. $18.75 ppd. St. Nicholas Boutiques, HG9, Santa Claus, IN 47579.



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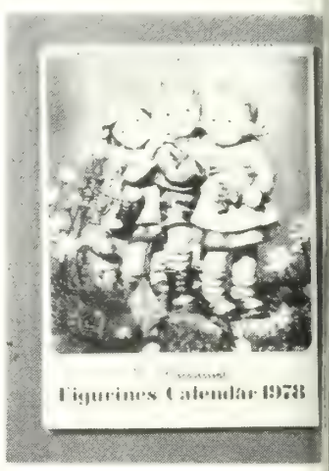
Our AWARD WINNING CATALOG has over 250 original design kits

THE CRACKER BOX
Dept. HG14
Pt. Pleasant, Pa. 18950.



THE TUXEDO CHAIR

Well padded for superb comfort. Seat, back cushions zippered and reversible. With arm protectors. Fully lined skirt. 31"H by 35"W. Seat 21½"D. $222 to $363; your 54" fabric (8½ yards) $178. Exp. coll. Catalogue and swatches $2. Hunt Galleries, HG9, Box 2324, Hickory, NC 28601.



IT'S A HUMMEL YEAR

Plan to spend 1978 with thirt of Sister Hummel's darling t Enjoy their precious expressio old-fashioned dress and over shoes. Lithographed in full c in W. Germany; assembled in 8 by 11¾" calendar. Nice to fra $3.50 ppd. Miles Kimball, Bond St., Oshkosh, WI 54906



REMOVE HAIR FOREVER

Perma Tweez electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists.

14 DAY MONEY BACK GUAR.

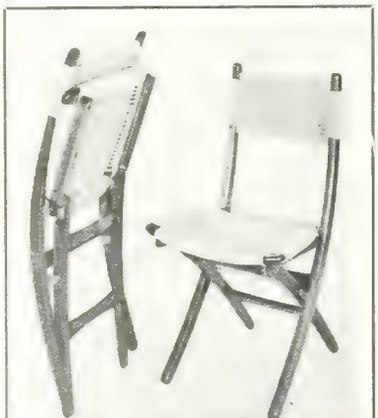
Good Housekeeping

$19.95 send check/money order

Cal. residents add 6% sales tax

☐ I enclose $4.00 deposit and will pay balance COD plus extra COD charges.
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1935 Armacost Ave., W. Los Angeles, CA 90025



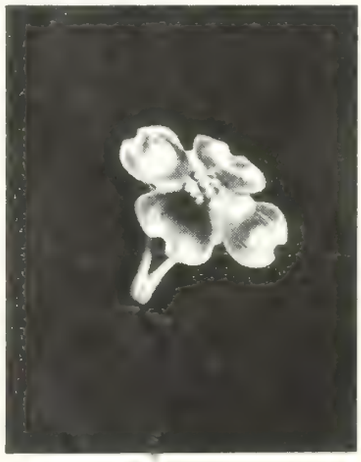
DANISH STYLE FOLDING ROPE CHAIR

[illegible] solid hardware, walnut finish. Fine chair. Heavy woven seat and back. Full size chair for dining room chair as bridge chair, or for extra seating in any room. Folds away [illegible] 17½" seat height.

$29.95 each **6 for $159.95**

Send 50c for complete Danish furniture catalog

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SCULPTERED SILVER

A flower for her finger, with an adjustable sterling silver dogwood ring . . . hand-wrought by Appalachian silversmiths. A traditional treasure from the collection of Stuart Nye originals; also copper jewelry. Ring $8. Free brochure. The Drummer Boy, Dept. D, 522 East Main, Morehead, KY 40351.



GEODESIC DOME

Hinged double door, Califo redwood frame, 15' dia. Fact assembled triangles, clear ac fiberglas panels locked in pl Just bolt units together. $69 exp. coll. Catalogue is Peter Reimuller—the Greenho man, Dept. 11JP, 980 17th Santa Cruz, CA 95062.



M WELCOME
eath of ruby red peppers for holiday guests. Reserve now Christmas while it ripens in nwestern sun; check is held shed until shipment time. Free book included. Wreath 18" or 4' garland, each $14.50 Old Mexico Shop, HG9, Patio Santa Fe, NM 87501.



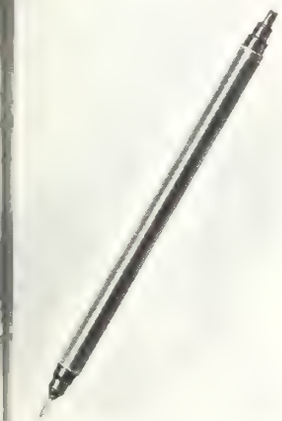
CONTEMPORARY CANE
Natural rattan headboard, triple pole frame, 3" peel border. Single size, 39" by 53", $39.95. double, 54" by 53", $49.95. Queen, 60" by 53", $59.95; King, 78" by 53", $84.95. Exp. coll. Catalogue 25c. Fran's Basket House, HG9, Route 10, Succasunna, NJ 07876.



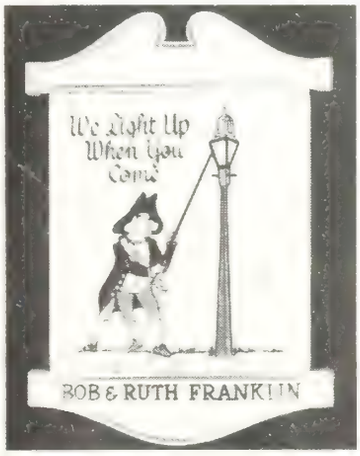
ER-STEAMER
e qt. deep fat fryer is cast iron non-stick, non-rust coating on and lid. Inner basket is spun inum with hardwood handle knob. Removable carrying han- Seven lbs. Fits any stove. 95 plus $2 post. The Gift. , 9021 Melrose Ave., Los An- s, CA 90069.



PIONEER MILK STOOL
Handmade stool reproduced from an original found in West Va., is sturdy and has an unevenly worn look. 12" dia. it has three splayed legs. Kids love to sit on it to hear grannie stories, dad likes it for his feet. $17 ppd. Americana catalogue, 50¢. Daniel I. Hadley, HG9, Box 1456, Wilmington, DE 19899.



RRECTS MISTAKES
at ballpoint pen has eradicator on other end of pen. You make error, eradicator wipes it out antly. Capped, protects pocket urse. 5 for $4.98; 12, $9.98. $1 post. per order. Write to erican Consumer, Dept. SRP 18, oline Road, Philadelphia, PA 76.



WARM WELCOME
Colorful sign, hand-screened in 5 colors over antiqued subdued blue background. Attractice way to identify your home, greet guests. 13" by 18½". Order now as Christmas gift. Print names to be used. $17.95 ppd. The Stage Shop, Dept. HG9, 440 Great Rd., Acton, MA 01720.

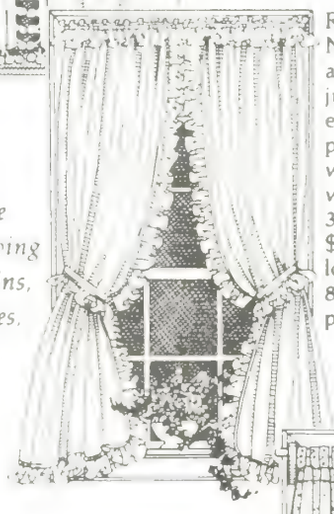
Country Curtains

For years Country Curtains have been a charming tradition...they have lent their extra warmth and crispness to American homes all over the country. Thrifty homemakers rely on Country Curtains for old-fashioned quality and conscientious service

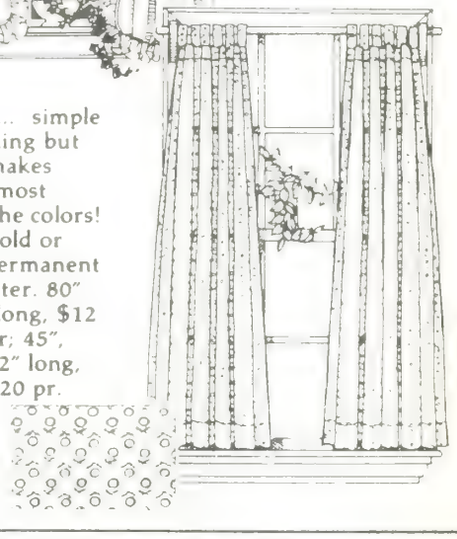


BALL FRINGE sturdy, specially-made fringe is carefully stitched on by homesewers in the village. Pure unbleached or white cotton muslin or permanent press in natural or white 90" wide per pair. 20", 25" long, $6.50 pr; 30", 36", 40" long, $7.50 pr; 45", 54", 63" long, $10 pr; 72", 81", 90" long, $12 pr; Valance, 10" x 80", $3.50 ea Specify color and fabric choice

Send for free catalog showing many curtains, bed ensembles, tablecloths...



RUFFLED PERMANENT PRESS... crisp and carefree...looks just like muslin but in easy care cotton and polyester. Eggshell or white. 78" wide per pair with 2" ruffles. 25", 30", 36", 40" long, $8 pr; 45", 54", 63" long, $11.50 pr; 72", 81", 90" long, $13.50 pr; Valance, $3.75 ea.



STOCKBRIDGE TAB... simple tab styling and a charming but uncomplicated design makes this little print work almost anywhere. You'll love the colors! Earthy brown, green, gold or brick red on off-white permanent press cotton and polyester. 80" wide per pair. 25", 30" long, $12 pr; 36", 40" long, $13 pr; 45", 54" long, $14 pr; 63", 72" long, $17 pr; 81", 90" long, $20 pr. Valance, $4 ea.

COUNTRY CURTAINS
AT THE RED LION INN
Dept 93, Stockbridge, Massachusetts 01262

Please specify color, length and fabric choice. Send check, money order or use Mastercharge or BankAmericard. Postage/handling: under $10 add $1.10, over $10 add $2. Mass. res. add 5% tax. Satisfaction guaranteed.

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☐ My order totaling $_____ is enclosed.

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Send for our latest new look fall-winter mail order catalog

The Talbots

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Stores in: Acton, Duxbury, Lenox, So. Hamilton, Ma.; Avon, Hamden, Ct

Johnny Appleseed's

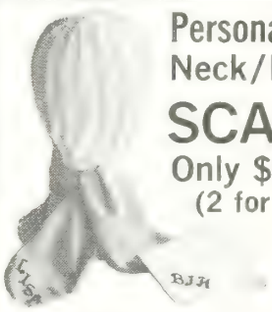


Tartan Slacks for Men

Authentic Scotch tartan Polyester/Wool slacks. Belt loops, side and hip pockets. Tartan choice: Dress Campbell (Navy/White), Black Watch (Blue/Green), Royal Stewart (Red/Green), Gordon (Navy/Green), Cunningham (Red/Black). Sizes 32-42, **$30.00 ppd.** *(Specify inseam measurement, with or without cuffs, if you wish slacks finished. Not returnable if cuffed.)*

Johnny Appleseed's FREE CATALOG

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Personalized Neck/Head SCARF

Only $4.50 (2 for $8)

Feels just like silk but it's a machine washable, 100% polyester, 22" square scarf—great for all occasions. Personalize it with name or initials in beautiful black or white decorative sewn letters. First 5 letters free, 20¢ for each additional letter. A fantastic gift at only $4.50—or 2 for $8. 11 lively colors: white, black, navy, brown, yellow, red, green, orange, light blue, beige, and pink. Take advantage of this special by ordering 2 or more colors today. Specify initials or name in white or black letters as well as scarf color. At this modest price payment MUST be enclosed with order. Money-back guarantee. Add 50¢ for postage/handling. N.Y. residents, add sales tax.

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For the woman tired of carrying a handbag with someone else's initials, create an elegant NEEDLEPOINT SATCHEL. Handcrafted in your choice of multi-patterned summery pastels or earth tones (specify), satchel is personalized with three initial monogram or name and birth sign (specify).

Kit includes three #14 canvasses and Paternayan yarn.

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N.Y. res. add 8% sales tax
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NEEDLEPOINT FOR TODAY
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Shopping around

in style for fall

BUFFALO MOTIF



Handsome accessories immortalize the noble American bison. Silk and polyester tie, $8.50; bow tie, $6.50; sport belts, $12.95; wallets, $12.50; keycase, $8.50; watchbands $5. 20 color combos including navy with red Buffalo; navy, maroon, green with silver, brown or green with tan. $1 post. Free catalogue. The Squire Shop, HG9, 4548 Main St., Snyder, NY 14226.



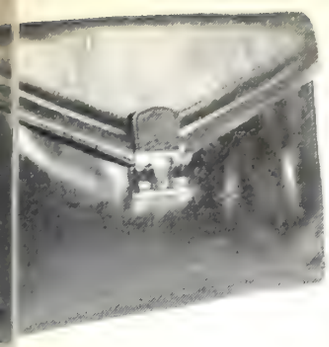
SILVER IS IN

Smart Siamese sterling silver jewelry with a chased design is perfect with casual wear and for dress-up occasions. Great for silver anniversaries and other special occasions. Cuff bracelet, $30; bangle bracelet, $33; puffed heart on 18" box chain, $33. Add $1.75 post. Bijou House, HG9, Box 333, Carlstadt, NJ 07072.

WISE CHOICE

Point of View turtleneck, 70% acrylic, 30% wool blend: cream, black, camel, brown, mint, navy, green, powder blue, wine. SML (6-16) $18. Wrap skirt, oyster, or camel polyester/rayon gabardine. Owls hand-painted acrylics. By de'Lanthe. One size fits 6-14, $30. Plus $1.50 post per order. All washable. Free fall-winter catalogue. Carroll Reed, Dept. 830, North Conway, NH 03860.



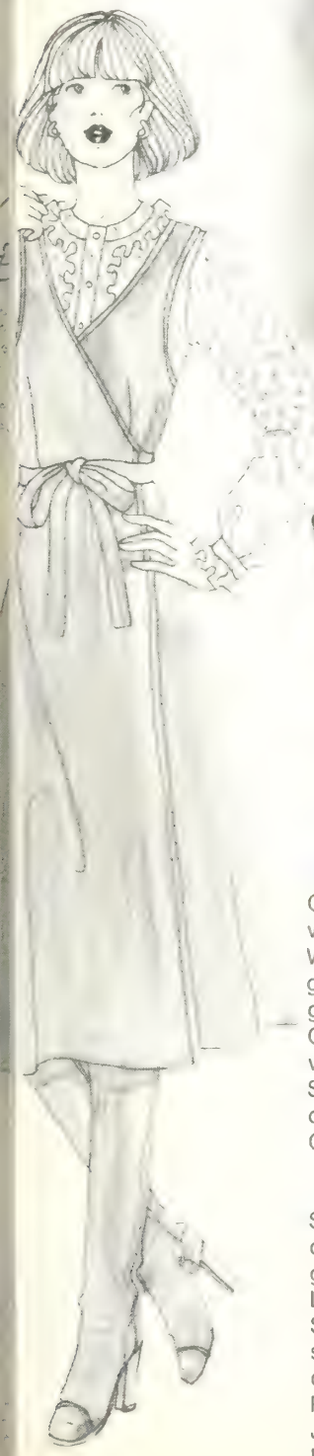


LEATHER CLUTCH

Superbly crafted bag, made from fine soft leather with latest European styling. Fastens with beautiful gold-plated clasp. 9" by 13". Camel, black, burgundy. Good fashion buy. Salerno Handbags, $24.95 ppd. Renaissance Imports, HG9, 320 Fifth Ave., Rm 408, New York, NY 10016.

ASANT DREAMS

ery hearts-and-flow-stripes in soft cotton nel from Lanz. The ny-gown top buttons ont, covers elastic st of pull-on pants. idnight blue/multi-r. P,S,M,L for sizes 13/14. $22 plus $2 . per order. New free r catalogue. The ots, Dept. RB, gham, MA 02043.







ICELANDIC HANDKNITS

Cardigan sweater in homespun wool yarn. No two alike. White: black/brown/light gray geometric pattern. Light gray: black brown white. Charcoal brown: black gray/white. Ladies: SML. Men's: SML, XL $54.75, ppd. Free catalogue. L.L. Bean, HG9, 560 Cedar St., Freeport, ME 04033.

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Snug top wrap jumper in soft cotton pinwale corduroy, graceful flare skirt. 8-16. Leather brown or green. $32.95. Sissy blouse, brown or green spriggy print on soft natural cotton-avril cloth. 8-18, $24.95. Ppd. Washable. Free catalogue. J. Jill, Ltd., HG9, Great Barrington, MA 01230.



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fall/winter 1977-78

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Six Peanut ties $50 a bag

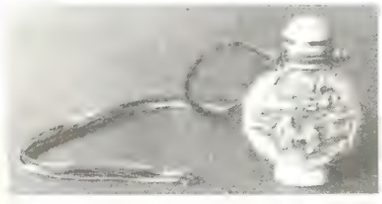
$3 for 4-6 ties, plus tax

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THE SQUIRE SHOP

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ANTIQUED BOTTLE



Beautiful Reproduction of the 18th century antiqued ivory, hand carved snuff bottles, on silk cord. Both sides of bottle have lovely chinese scene. Varied shapes and scenes available. Top is removable and powdered perfume may be placed inside. Approx. size 3"x2". Unique gift item for him or her is a guranteed conversation piece each time it is worn.

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HG 9

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Instead of slacks.

The perfect casual combination. Pre-washed blue denim backwrap jumper by M. Setlow & Son. Buttondown oxford shirt by Ms. Sero. Halter-style jumper. Half moon pockets, attached self-belt. Green accent stitching. Sizes 5/6 to 15/16. Prudently priced at $28.00. Softly striped shirt with tailored, stay-put shirttails. Washable 60% cotton, 40% polyester. Blue/white, grey/white or red/white. Sizes 6-18. $22.00. BankAmericard, Master Charge & Am. Exp. Include expiration date. $1.50 postage & handling.

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100% PURE COPPER BRACELETS

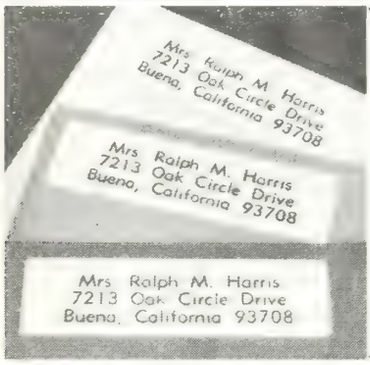
Women's Bracelets		Men's Bracelets	
7¼"	$2.98	8¼"	$3.98
7¾"	$3.29	9"	$4.49
8"	$3.49	9½"	$4.69
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Add 60¢ Postage & Handling Each

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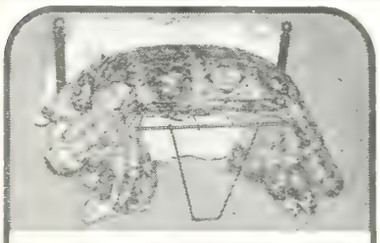
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Send $1.00 for catalog of reproductions. Dept. 530, Box 266, Concord, N. C. 28025

Ephraim Marsh



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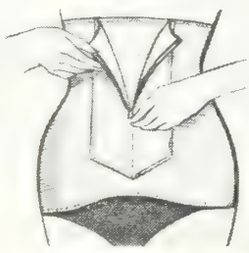
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Choose a hairy hobo or a net and roller bedecked dame as a cover for square boutique tissue box cover. Hobo in brown or orange; netted dame in pink or yellow. Handpainted, box tissue included, $9.95 each plus $2 post. AMC Products, HG9, Box 341249, Coral Gables, FL 33134.



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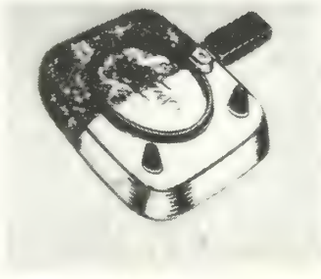
LOOK SLIMMER

Slenderbelt takes inches off the midriff with its controlling Lycra and double layered front zipper panel that eliminates bulges and gives strong back support. Give waist size in inches. 24"-34", $5.95; 36"-44", $6.95 plus 60¢ post. Honor House, Dept. 173SB-67, Lynbrook, NY 11563.



INITIALLY 14K GOLD

Three letter monogram or first name (up to six letters) with single initial. Monogram in high polish finish, $30; name plus single initial in Florentine finish, $60. Add $1.50 each post. Lovely 14K gold chains available. Write to Rings 'n Things, HG9, Box 7964, Louisville, KY 40207.



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Plant Now... Step Back... and Watch Out!

Imagine! A Magnificent Shade Tree That Soars Up to 2 Stories High *IN JUST ONE YEAR!*



— and keeps on zooming to a towering 30, 40, 50 — even 60 FEET OR MORE in less time than most trees even nudge themselves a few feet off the ground!

That's the kind of wonder-results reported by U.S. Government Landscapers . . . Botanical Gardens . . . and University Plant Scientists on what is undoubtedly the most fantastic shade tree ever introduced in America . . . the incredibly beautiful Ulmus Pumila . . . perhaps the most spectacular super-hardy, super-growing, shade tree in all of nature!

A ROOF-HIGH TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!

Yes, one of the most exciting introductions by U.S. Plant Science — this sensational super-growing shade tree actually grows higher than even a full-grown English Hawthorne IN JUST ONE SINGLE SEASON! Actually grows higher than even a full-grown Star Magnolia IN JUST ONE SINGLE YEAR! In fact, it grows so fast, so quick, you can literally measure the difference in height from week to week!

PLANT NOW — REACH OUT AND TOUCH ITS LUSH GREEN BRANCHES FROM YOUR SECOND STORY BEDROOM WINDOW — BY NEXT SUMMER!

Who says you have to spend a small fortune for a beautiful shade tree — and then spend half a lifetime waiting for it to grow? That's the way it used to be — BUT NOT ANY LONGER! Not since we've finally tracked down the one single tree in all of nature that hoists itself so high, so fast you can literally measure its incredible rate of growth week by week . . . or for even more dramatic proof, take a yardstick and measure the difference in feet month to month.

GROWS MORE IN JUST ONE MONTH THAN MOST OTHER TREES GROW IN AN ENTIRE YEAR!

Yes, here is a dream come true . . . everything you've ever hoped for or wished for in a tree. Here is a miracle of nature that hoists itself higher than even the most treasured weeping willow . . . that reaches out wider than even the most graceful English maple . . . that lifts its symmetrical branches over your grounds and gardens with a splendor, and beauty that few trees can match!

SPECTACULAR BEAUTY ALL 4 SEASONS OF THE YEAR!

Yes, here is one of those rare gifts of nature that not only thrusts itself to towering heights in record time . . . that not only drapes itself in lush green foliage from Easter time to way past Labor Day . . . but for a real "magazine cover effect" lavishes its branches with delicate clusters of beautiful flowers starting in spring . . . and then in fall and early winter transforms its colors, and in the dead of winter its graceful branches make a startling contrast against a snow-covered landscape! Meaning: you get a spectacular show of changing beauty ALL 4 SEASONS OF THE YEAR!

GROWS IN VIRTUALLY ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering . . . the only thing you do when you plant this super-growing wonder-tree is water it and enjoy it. That's why leading botanical gardens . . . landscape artists . . . garden editors . . . can't stop raving about its indescribable beauty . . . its delicate flowers . . . its trouble-free care. Is it any wonder that leading experts have hailed it in the most glowing terms . . . recommended it again and again for home-owners who want a stunning display of both beauty and shade . . . and with practically no more work than a couple of sprinkles a week; or return within 90 days for full refund (less postage & handling) . . . on iron-clad guarantee of full satisfaction.



Here's a beauty right you won't have to wait half a lifetime growing — a matched pair of shade trees to spring and sturdy you can actually hang a hammock between them.



Picture your patio nestled in the cool, restful beauty of this shade tree. Imagine how much easier it will be coping with the heat waves of summer.



How'd you like a natural bower of beauty in your backyard — lush green of beauty in less time than you ever imagined possible.

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Please rush me the Super-Growing Shade Trees I've indicated below.

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INCREDIBLE PLAN FOR AUTOMATIC WEIGHT-LOSS!

Now! Lifetime Freedom From Fat

WITH DOCTOR'S AMAZING "COFFEE-OFF" PROGRAM

FOR CUP-TO-CUP WEIGHT-LOSS!



Think of it! You actually sip your appetite to sleep for hours at a time — sip yourself slimmer cupful to cupful — take your FINAL STEP TO LIFETIME SLIMNESS with the new "Coffee-Off" way to a brand new body!

So effective, you LOSE up to 6 pounds the very first weekend — LOSE up to 12 pounds of both fluid and fat in just 14 days — LOSE as much as 20 — 30 — 40 POUNDS OR EVEN MORE . . . **(and never gain it back for the rest of your life)**, as medical science shows you how to turn ordinary coffee or tea into the most "DYNAMITE" FAT-MELTING aid you've ever seen in your life.

LIKE TURNING UP AN INNER FURNACE THAT SHRINKS YOUR BODY'S FAT CELLS — STARTING THE VERY FIRST DAY!

Just 60 seconds from now you are going to discover how to take your morning cup of coffee . . . drop in what appears to be an ordinary sugar-cube . . . and launch yourself on the most incredible FAT-BURNING SPREE you've ever heard of. Yes, a journey to 'lifetime slimness' so fantastic, that just a few short weeks after using this doctor's amazing "Coffee-off" weight-loss program you'll suddenly find yourself 5 — 10 — 15 pounds lighter . . . your belt size 1 — 2 — 3 notches tighter! Because for the first time in your life you are going to win INSTANT CONTROL over your appetite . . . become its master instead of its slave . . . actually SWITCH OFF that maddening urge for food for hours at a time . . . as you watch your waistline shrink itself down **by as much as a full size in just a single week!**

24 HOURS — up to 2 POUNDS GONE!
48 HOURS — up to 6 POUNDS GONE!
AND THAT'S JUST THE BEGINNING!

Just think of it! Ordinary coffee or tea suddenly transformed into a fantastic body-slimming aid that not only helps you melt away as much as 12 pounds the first 2 weeks — but even more amazing, helps you:

LOSE up to 4 to 6 inches off your waistline
LOSE up to 2 to 5 inches off your hips
LOSE up to 3 inches off your thighs
LOSE up to 4 inches off your buttocks
LOSE up to 4 inches off your stomach

all without a moment of torturous diet — without a moment of brutal, punishing exercise — without battling your willpower or fighting off gnawing hunger!



LIKE 4 HOURS OF WILL-POWER IN ONE TINY, TASTELESS CUBE

AMAZING "WILLPOWER-IN-A-CUBE" makes you master of your appetite instead of its slave . . . gives you INSTANT CONTROL OF HUNGER — LIFETIME VICTORY OVER FAT!

Most significant of all, as long as you follow this medically proven "Coffee-Off" lifetime slimness program, you actually become **totally immune to fat build-up for the rest of your life** — even if you've been hopelessly overweight for all your adult life.

NOW A LIFETIME OF SLIMNESS WITHOUT A MOMENT OF GNAWING HUNGER!

How can medical science make this lifetime dream come true? It's simple. Because one of America's leading weight-loss specialists has finally found a way to take ordinary coffee or tea . . . and convert it into a wondrous new kind of fat-fighting aid that SHUTS OFF EVEN A RUNAWAY APPETITE ON COMMAND! Yes, medical science has finally found a way to take ordinary coffee or tea and actually force hunger to STOP on the spot . . . make excess pounds and inches disappear from sight so fast . . . that in just 10 days time you will simply refuse to believe your bathroom scale — and in just a matter of weeks you may actually need a brand new wardrobe!

VITAL NOTICE:

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we ure you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.

*ALSO NOTE: People who dislike coffee or tea may use "FULL-STOP" slim-cubes in clear bouillon for the same LIFETIME SLIMNESS results.

BEST OF ALL — NO CRAVING, NO SLIDE-BACK — YOU STAY SLIM FOR GOOD ON THIS LIFETIME SLIMNESS PROGRAM!

The secret is a medically-proven formula, (that to the eye looks just like an ordinary sugar-cube) . . . BUT, when activated in coffee or tea . . . enters your system and automatically SHUTS OFF YOUR APPETITE — SHUTS OFF THAT DRIVING URGE FOR FOOD — SHUTS OFF GNAWING HUNGER for hours at a time! Actually kills your desire, your craving, your appetite for food from meal to meal! So much so in fact, you aren't lured or tempted by even the most mouth-watering food. Not by ice-cream . . . not by cake . . . not even by the most luscious steak. In a nutshell . . .

YOU'RE SIMPLY TURNED OFF FOOD FOR HOURS AT A TIME

The name of this doctor's wondrous "Coffee-Off" way to Life-time Slimness is "FULL-STOP", because thats just what this medically-proven slim-cube formula does — **brings gnawing, runaway appetite to a dead FULL STOP right in its tracks!** Yes, according to medical experts just one "FULL-STOP" slim-cube in a cup of coffee or tea turns off your appetite INSTANTLY as if it suddenly went to sleep. You simply have no desire to eat for hours on end . . . even if all your life you've been cursed with a non-stop appetite. In fact, so effective is this "willpower-in-a-cube" you may actually have to consciously remind yourself to eat — which the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS, TOO FAST!



TURNS A CUPFUL OF COFFEE (or tea) INTO HOURS OF "LIQUID WILLPOWER"
(completely flavorless — affects only your appetite — not your taste.)

Now, just think what this great new development means, if all your life you've had to battle your appetite and struggle with your willpower!

Doctor's "LIQUID-WILLPOWER" DEVELOPMENT Ends Torturous Diet!

It means that instead of battling those mealtime pangs of hunger . . . fighting that maddening urge for food . . . you simply reach for a "FULL STOP" slim-cube instead of fattening food and "sip your appetite to sleep" with this doctors amazing 3-cups-a-day "Coffee-Off" way to AUTOMATIC WEIGHT-LOSS. Because just like water turns off thirst, incredible "FULL-STOP" slim-cubes switch off hunger AUTOMATICALLY all day long! Down goes your appetite — down go the calories — and down goes your weight . . . with a rush!

LIFETIME CONTROL OF YOUR APPETITE FINALLY YOURS — MEANING YOU ARE NOW JUST DAYS AWAY FROM YOUR FIRST STEP TO LIFETIME SLIMNESS!

So if you want to SIP YOURSELF SLIM with this doctor's amazing coffee development . . . if you want to melt away pounds and inches STARTING THE VERY FIRST DAY . . . if you want to try this exciting medically-proven concept that combines both a doctor's scientific development and his full-satisfaction eating program that makes lifetime immunity to fat not a hope but a living reality . . . then take advantage of the no-risk offer described below! Yes, act now on guarantee of full satisfaction or money refunded in full (except postage & handling). Simply return within 10 days.

Remember — this is the last ad for a reducing product you will ever need to read in your life. If you drink coffee . . . or if you drink tea . . . then there is simply not a reason in the world to ever again be embarrassed by a single pound of overweight fat. So why not take the FINAL STEP and get rid of all those excess pounds and inches FOR THE REST OF YOUR LIFE. Act now!



JUST 3 CUPS A DAY HELPS MELT FAT AWAY as you sip yourself thin cupful to cupful with Doctor's LIFETIME SLIMNESS program for AUTOMATIC WEIGHT-LOSS!

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MAIL NO-RISK COUPON TODAY

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Yes, I want to lose weight fast and permanently with this doctor's amazing program featuring "FULL-STOP" Slim-Cubes.. Please rush the offer I have checked below. If not delighted, I may return it in 10 days and you will refund the full purchase price (except postage & handling).

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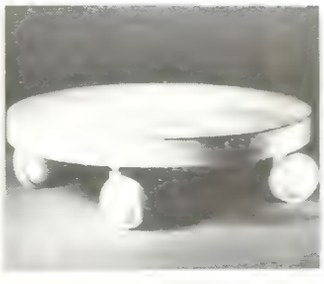
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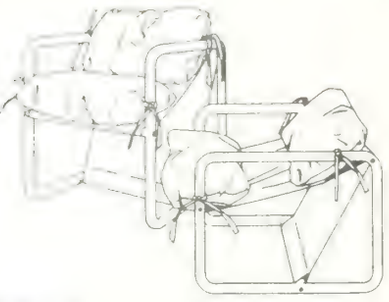
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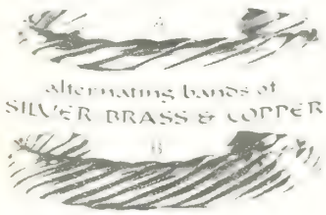
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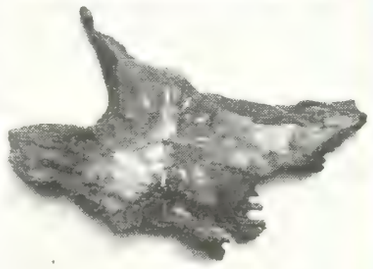
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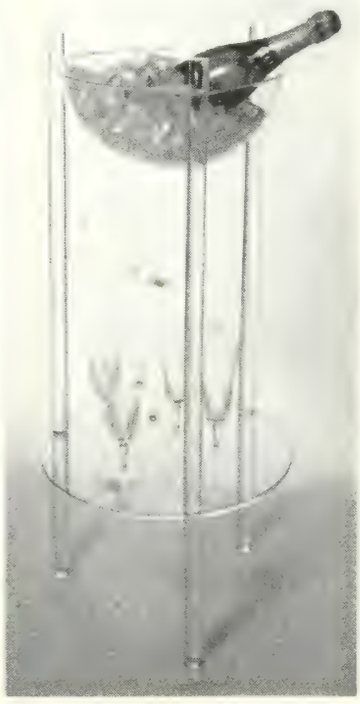
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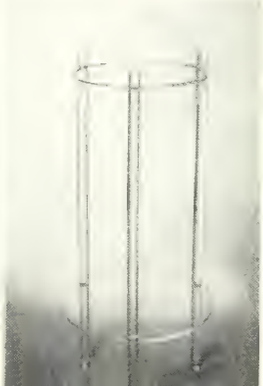
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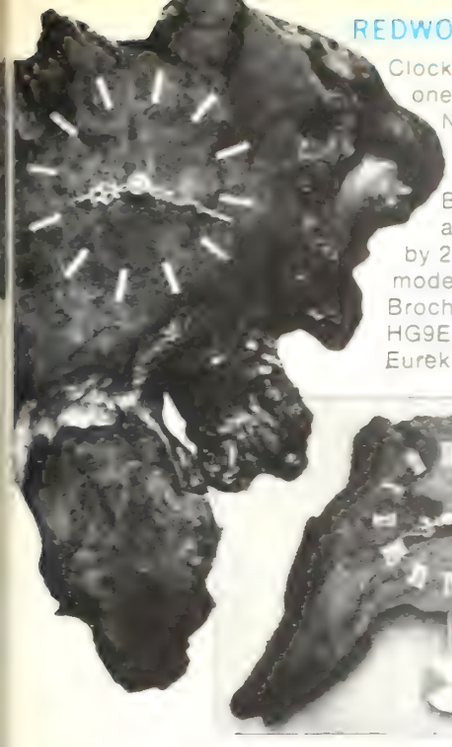


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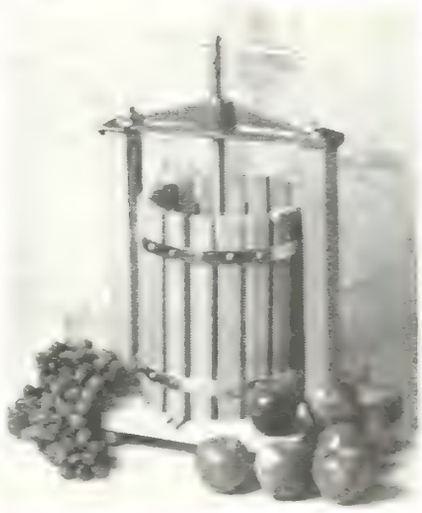


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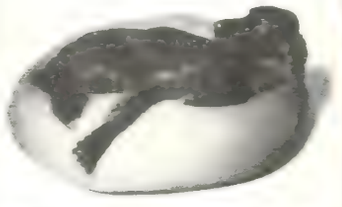
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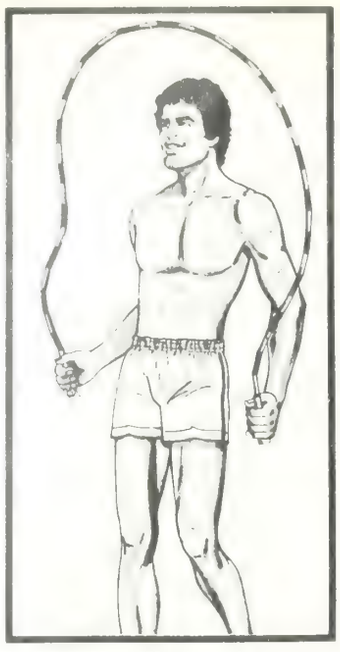


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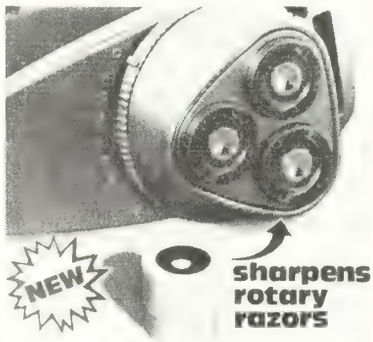
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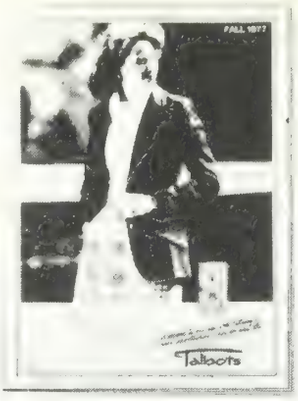


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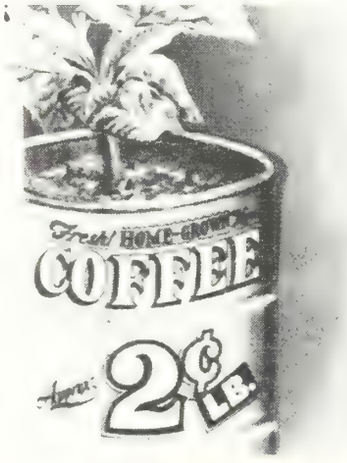
STYLE TIME

Talbot's color catalogue for fall '77 comes just in time to peruse for classics for ladies including shoes and also sportswear for men. Contains designs from Givenchy, Diane Von Furstenberg, Matti of Lynne, Austin Hill and many more. Free. The Talbots, Dept. RP, Hingham, MA 02043.



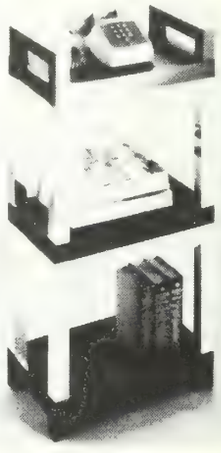
HEART OF FORTUNE

Deep green Oriental jade heart is a beautifully sculpted pendant hanging from 24" gold-toned chain. Heart is 1" long. Wear it with fall and winter costumes or with informal sweaters. $9.95 ppd. Write to Shopping International, Inc., 35 Shopping Int. Bldg., Norwich, VT 05055.



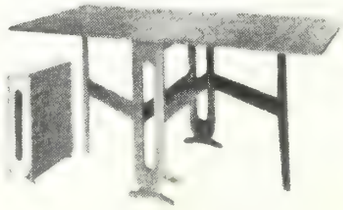
COFFEE PLANTATION

It is possible to grow up to 60 lbs. a year from one dozen specially treated Kona coffee beans. The beans make handsome house plants, too. Think of the wonderful opportunity to grow your own morning cup. $2.98 plus 50¢ post. D.L.W. & Associates, HG9, Box 7426, Burbank, CA 91510.



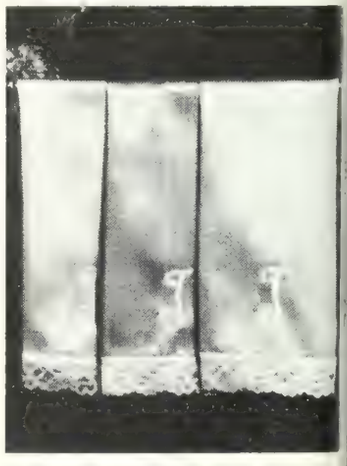
PLAYS MANY ROLES

Curio table dresses up corner o wall, acts as plant or serving table Shelves come off legs to invert, us as trays. Easty-care plastic. Whe assembled: 11" by 18" by 38". A white or yellow $19.95; black an chrome $21.95. Ppd. Miles Kin ball, 100 Bond St., Oshkosh, W 54906.



TO HAVE AND TO FOLD

Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $79.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG9, Box 204, Teaneck, NJ 07666.



FRESH FINGERTIPS

Acetate satin fingertip towels la ished with lacy hems and a sing initial. Choose white, black, blu bronze, gold, mint, tangerine, o chid pale or hot pink, red, silve $1.25; three, $3.50; one-letter i itial, $1 each Ppd. Scintilla Sat Shop, Inc., G, 4802 N. Broadwa Chicago, IL 60640.



D OAK FLIP-TOP

with top that flips up, down lled out flat for dining, is per- for many households. 72" l., w. closed; 40" w. fully open, h. Two drawers. Nut brown l. $379.95 Exp. coll. Cata- , $1. Bryan Robeson, Dept. 94, Route 10, Box 793, ory, NC 28601.



PLUMP PIG

One of "Country Friends" pillows in calico prints with polyester fiberfill/shredded foam. About 12" by 15". Red/blue/green/yellow/cream (give 2nd color choice). $7 plus $1.50 post. Other animals in color brochure 50¢. "Hiney-Ho!", Inc., HG9, Box 4186, Auburn Heights, MI 48057.



ABLE MAGNA-LITE

part of 5" white enamel-on- globe clings to 2½" chrome- d magnet base. Place it on h bases. Takes plant or reflec- lb up to 60 w. (not included). 60" cord, switch, $12.98; bases $3.98. Add $1.15 post. Vernon, G9E, 510 So. Ful- ve., Mt. Vernon, NY 10550.



OPEN COLLAR ANSWER

What better than an ascot cravat that shapes to the neck and stays in place with Velcro? Solids in navy, wine, brown, beige, green yellow, rust, white, black polyester. Paisley or dots in navy, wine, brown, green estron. $6.95 plus 75¢ post. Write to Ost Cravates. HG9, Champlain, NY 12919.



EFFECT

ters dry in a breeze on a fabu- frame that lets air circulate gh fine net. 24" by 24"; rein- d corners fit over metal frame hinged to fold flat. Ideal for ings as well. $5.98 plus 95¢ Anthony Enterprises, HG9, Mission St., San Francisco, CA 5.



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First edition 1977 Christmas ornament 3¼" dia. depicts Porky Pig, Bugs Bunny and Daffy caroling amid bright holly. Ready to hang. $3.50 each plus 50¢ post. Send for free "Platter Chatter" with price list. Hickory House Collector, HG9, 823 N Court, Ottumwa, IA 52501.



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SOFT PLUSH WOOL CAPE
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DAVID BURBANK
Dept. HG-9A, 910 Hampstead Ave., Richmond, Va. 23226.

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• *YOU* choose the face on this personalized rag doll. A joyful, brightly-colored 22" doll with silk-screened body, rainbow yarn hair. • What fun! • Your photo is skillfully reproduced as the face of this delightfully unique keepsake. • Such a marvelous gift! • As featured on ABC-TV's GOOD MORNING AMERICA. • *"New craze that's slightly terrific!"* HOUSE BEAUTIFUL.



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SALOON MIRROR

From the all-wood frame to the hand-crafted mirror itself, this is the real article! The letters and gold medals are acid-etched in glass. The background has an antique mirror finish and the corner filigree is etched silver. At a full 17" x 30", it's beautiful and I'm proud to offer it at **$38.50**, includes postage and handling.

Send check, money order, or use American Express, Visa or Master Charge, including all numbers and signature.

(Tennessee residents add 6% sales tax.) For a color catalog full of old Tennessee items, send $1.00 to above address.

JOSEPH



W. 33", H 35"

This Joseph, too, can have a "coat" of many colors! Handsomely designed with soft buttoned back, reversible and zippered seat cushion. $222—$363 depending on fabric you select: $178 in your fabric—send 7½ yds. 54". **Shipping Charges Extra.** No C.O.D. Satisfaction guaranteed. Send $2 for Catalogue and Request Form for *free*, hand-selected decorator fabrics.

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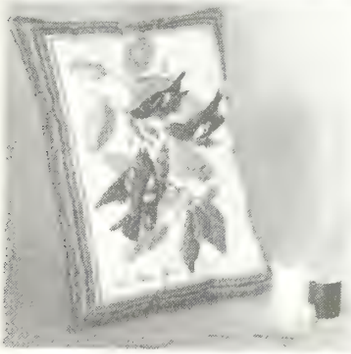
CUBES TO BUILD WITH

Genuine butcher block cubes have myriad uses. Use singly, stack as book case, make bench or table. 15" by 15" by 15", $21.50; 30" by 15" by 15", $31.50. U.P.S. chgs. add $5. Shipped knocked down. Catalogue, $1. J & D Brauner, Inc., HG9, 1735 N. Ashland Ave., Chicago, IL 60622.



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Better than the average step-… Kik-Step rolls at the touch of … yet grips the floor securely … someone stands on it. Colors … ver, blue, white, olive, red, y… black, sage and copper-glo. $1… plus $2 post. A. C. Gifts, … 2642 Central Park Ave., Yor… NY 10710.



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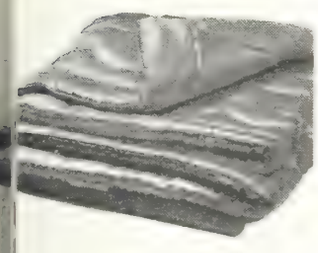
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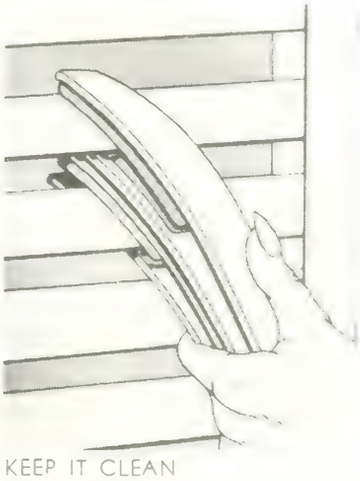
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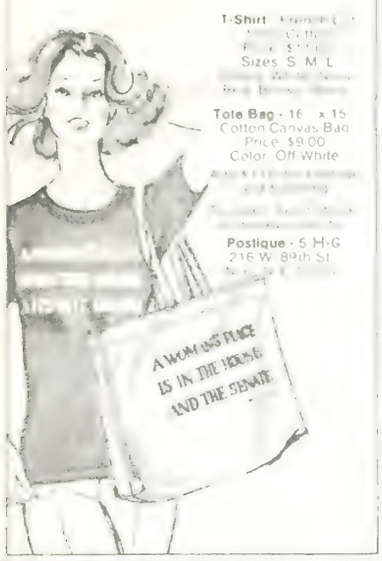
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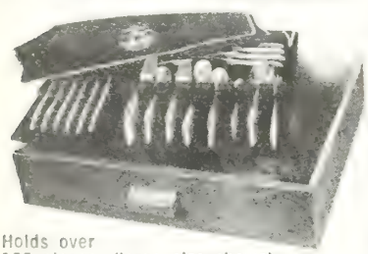
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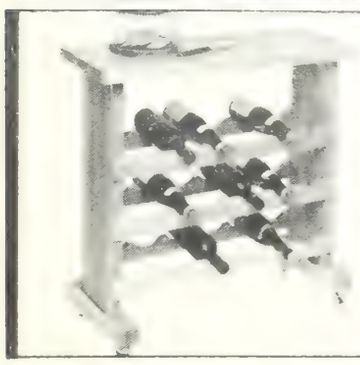
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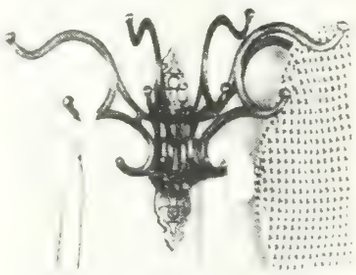
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Counter stool with vinyl upholstery swivels at a touch. Perfect for home bar or workbench, too. Vinyl in black, red, dark or pastel green, yellow. Unfinished 24", $18.50; 30", $18.95. Add $3 for walnut, pine or maple finish. Exp. coll. Marion Travis, HG9, Statesville, NC 28677.



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Lustrous imported tile in w earth tones blended with h wrought iron by expert artis The tile for hors d'oeuvres is ample 8". Two woven caddies crackers, nuts, mints, wine cluded. $17.95 each plus $1 p Gifts from P. M., HG-ED-S, 48011, Los Angeles, CA 9004



CAST IRON HANG-UP

Reproduction from Victorian days has five swing-away arms with three hooks on each to hold hats, scarves, coats. Extends 7½" from wall, measures 14" wide. Matte black for hall, bath, kitchen. $3.99 plus 75¢ post. Write to Holiday Gifts, Dept. 309-7G, Wheat Ridge, CO 80036.



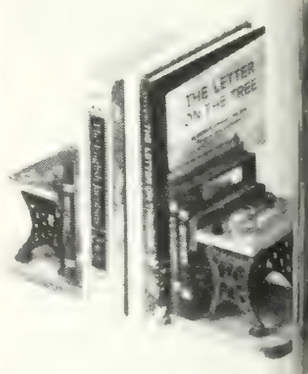
WHO'S TO KNOW

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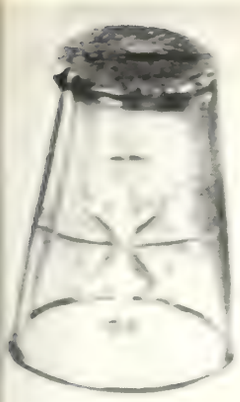
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Looking as if they stepped from the color comic page: Woodstock, Snoopy, Charlie Brown and Lucy. Bright-painted ceramics about 4" h. Nodding heads move at touch. Each $2.25 plus 75¢ post.; all four $8.50 plus $1.35. Artisan Galleries, HG9, 2100 No. Haskell Ave., Dallas, TX 75204.

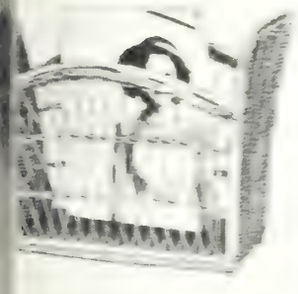


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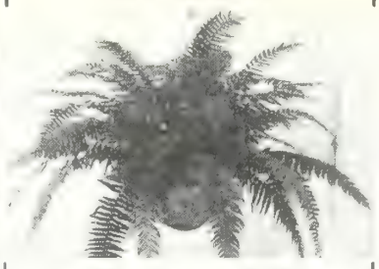
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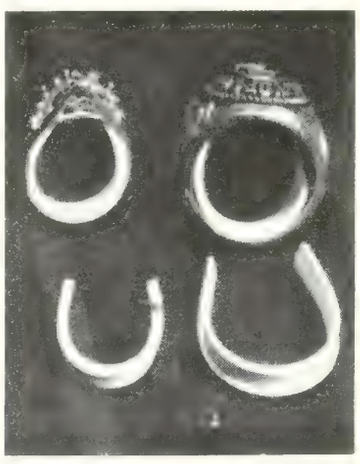
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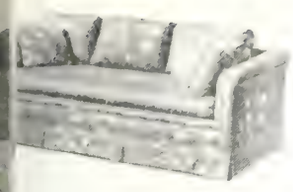
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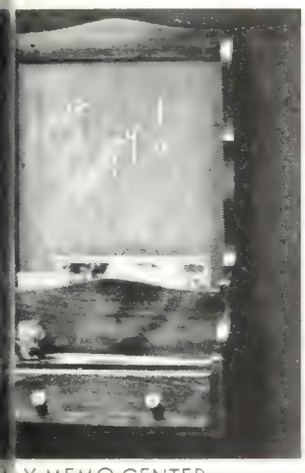
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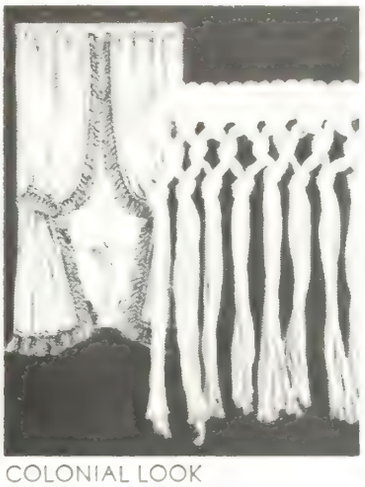
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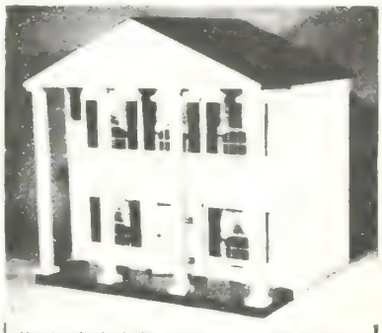
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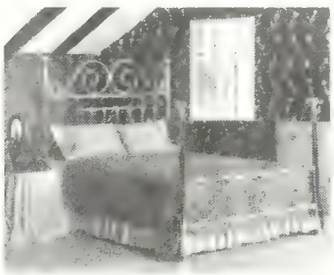
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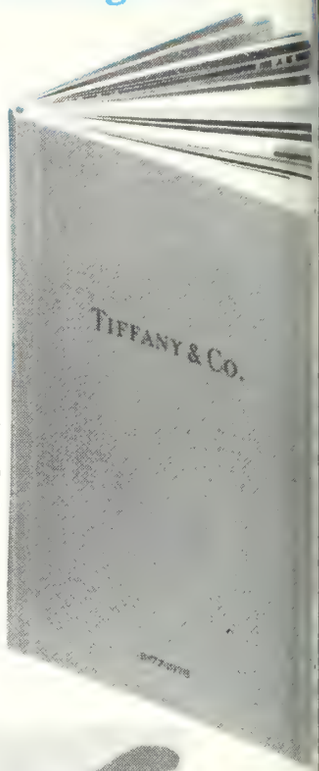
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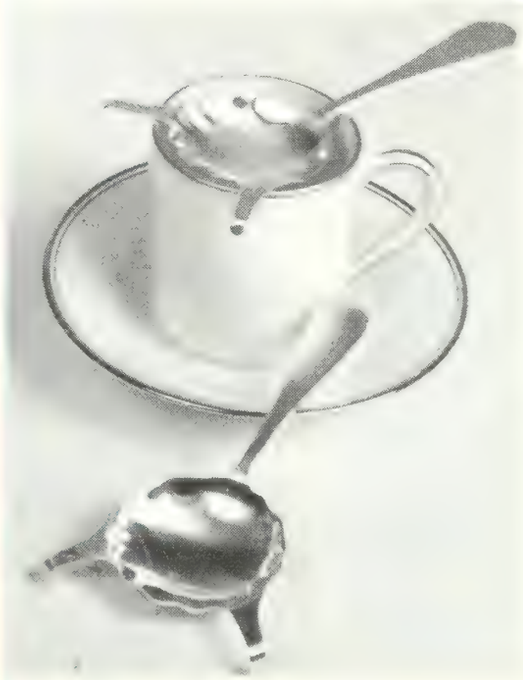
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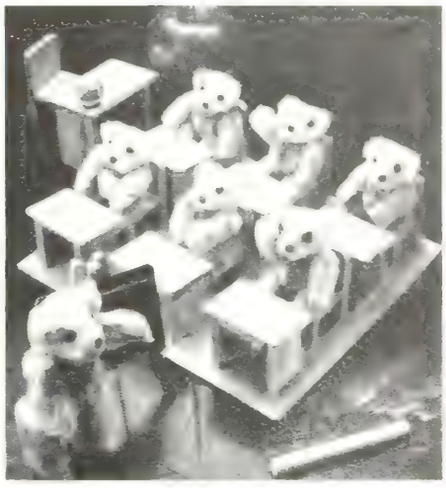


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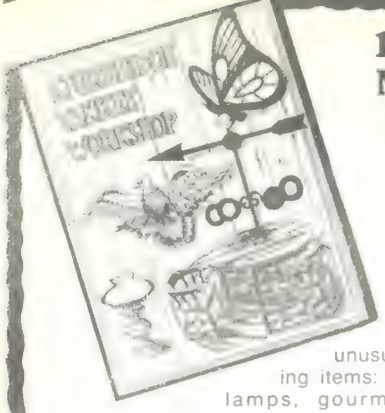
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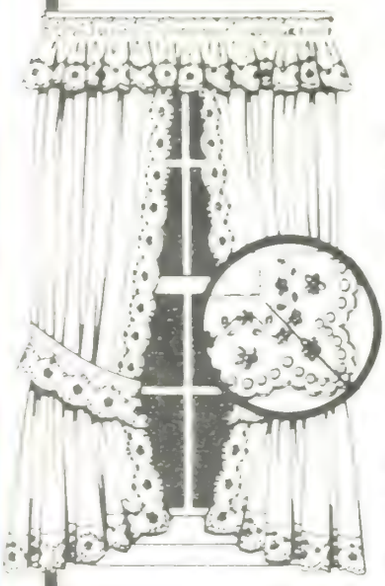


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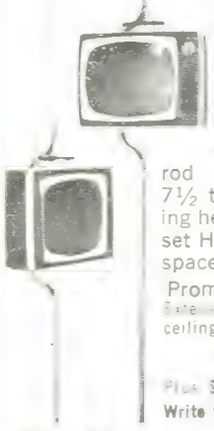
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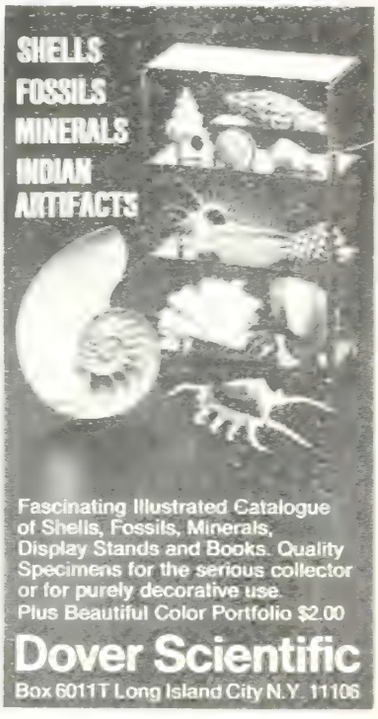
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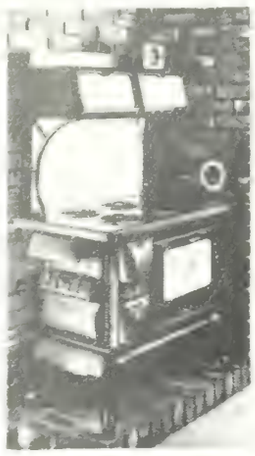
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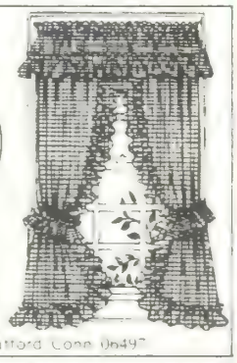
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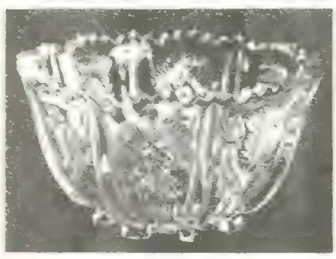
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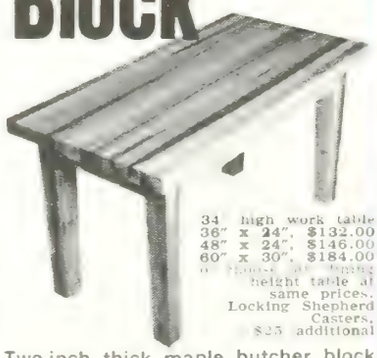
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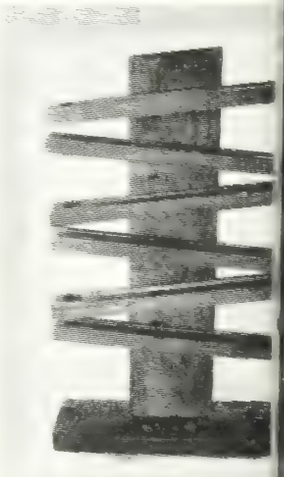


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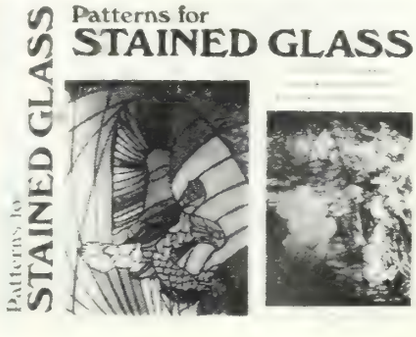
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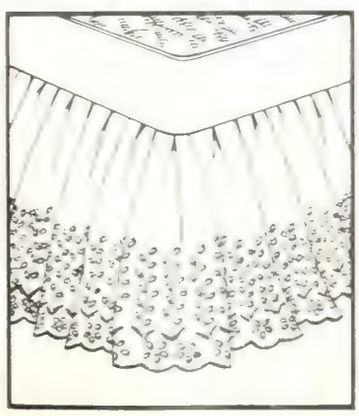
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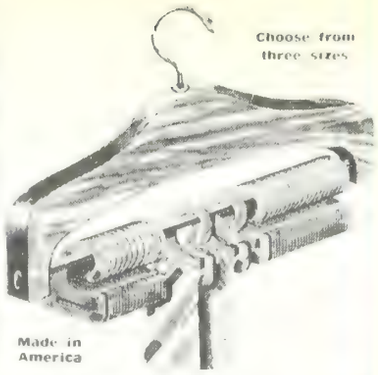
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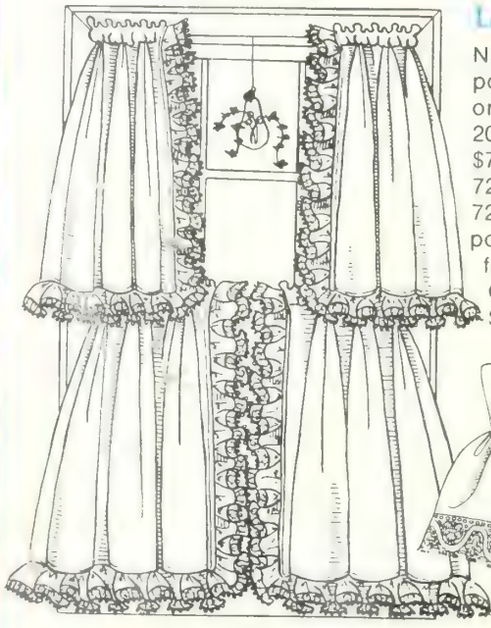


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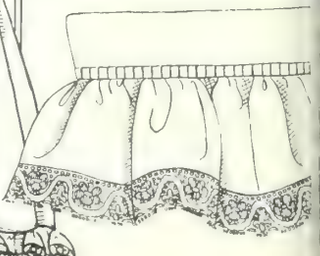
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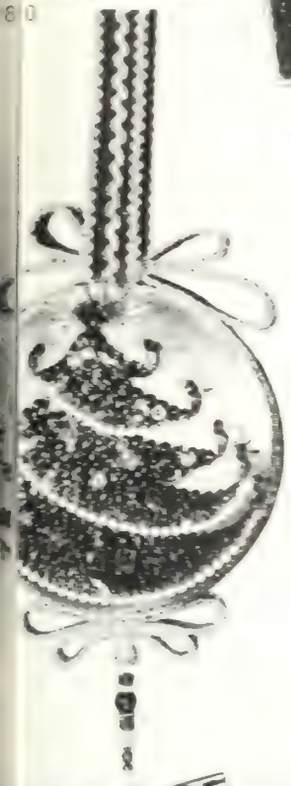
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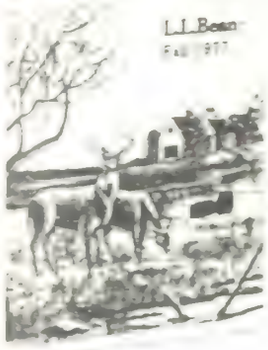
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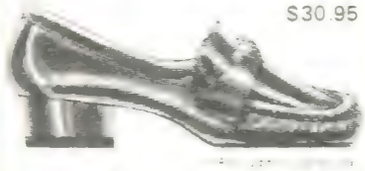
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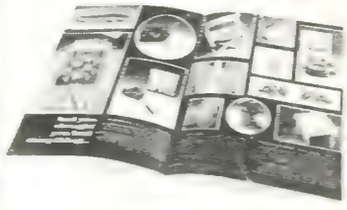
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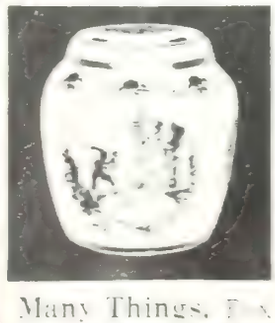
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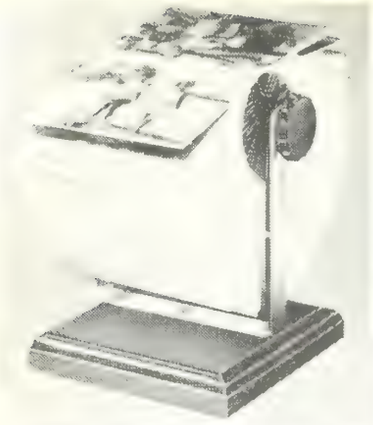


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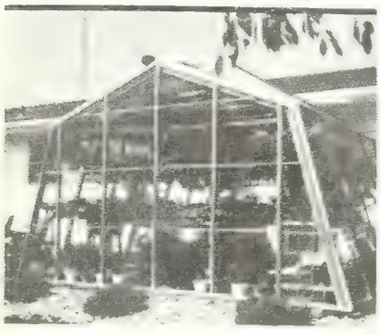
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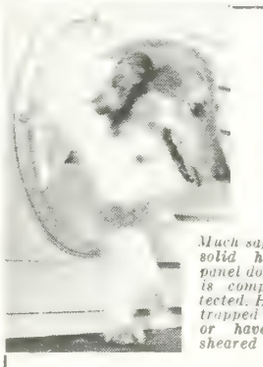
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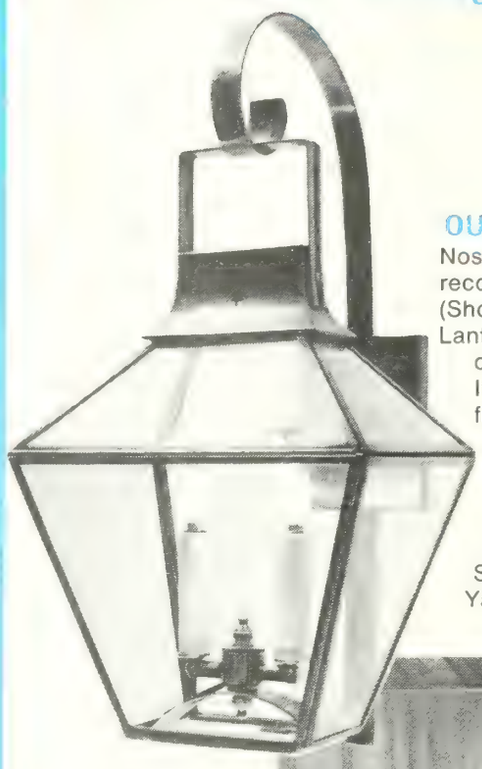
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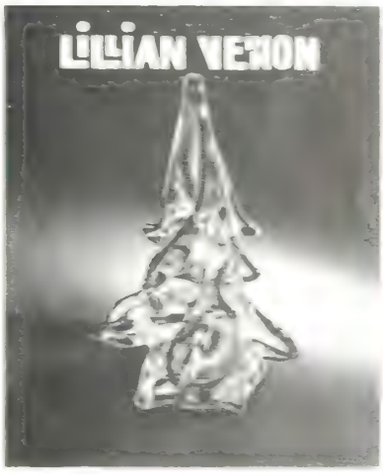


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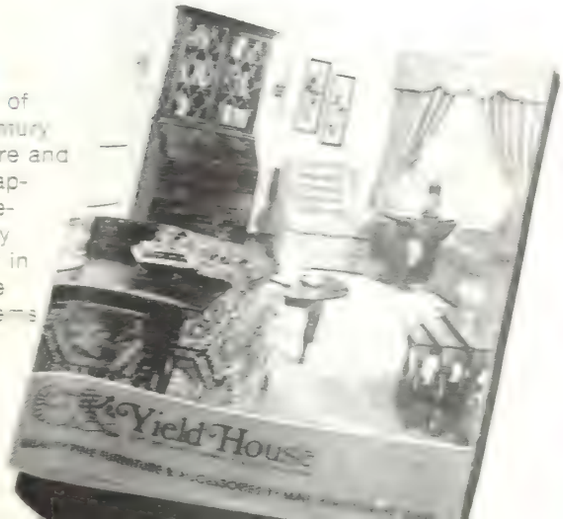


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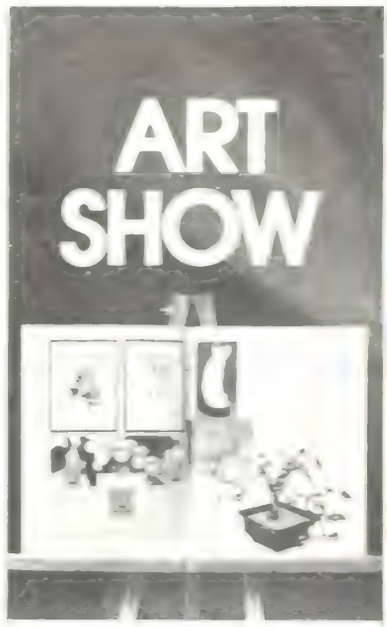
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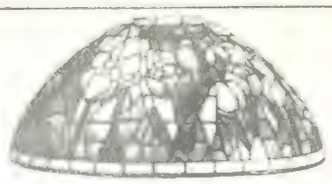
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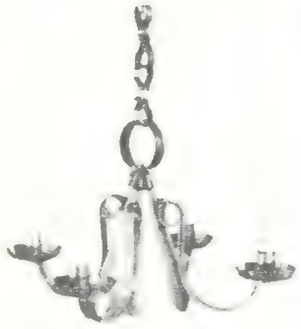
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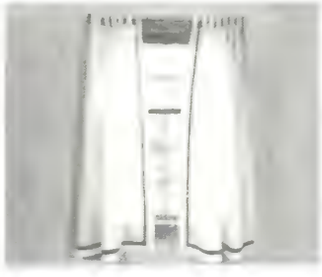
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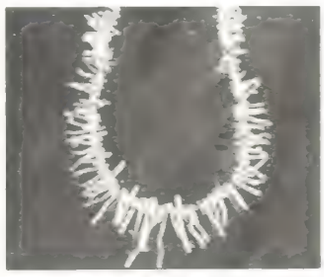
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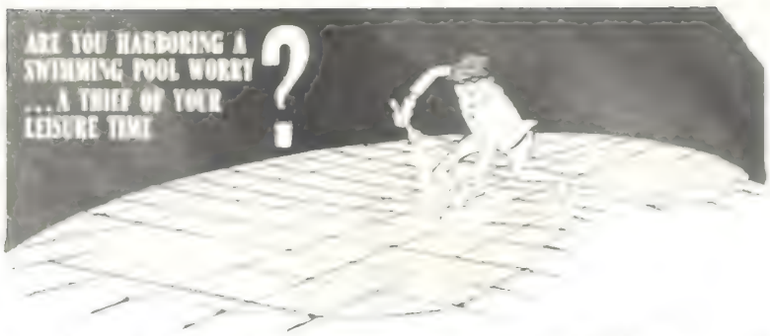


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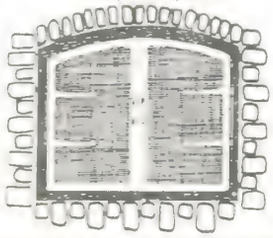


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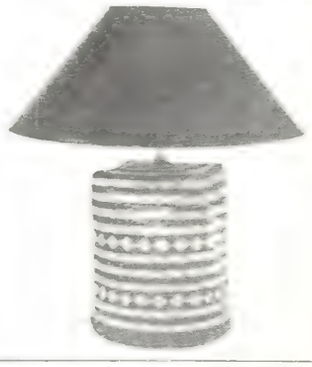


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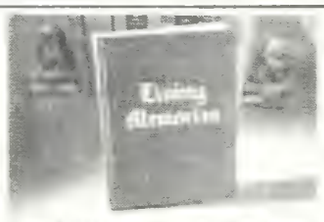
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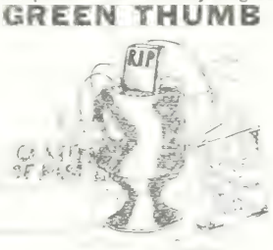
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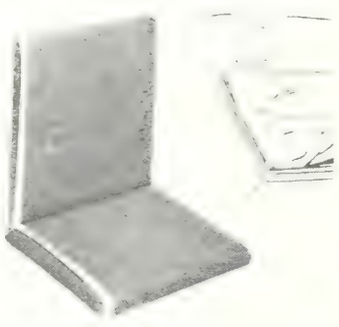
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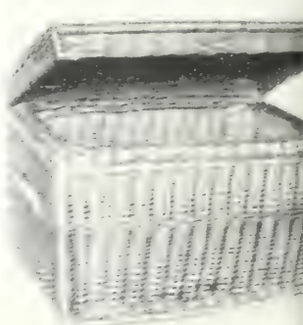
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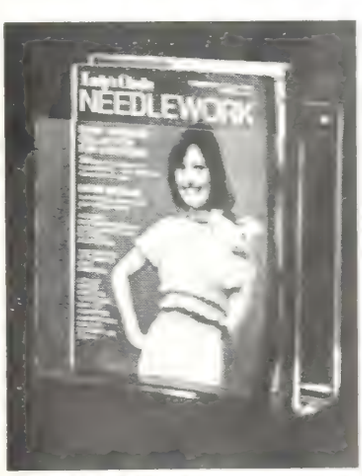


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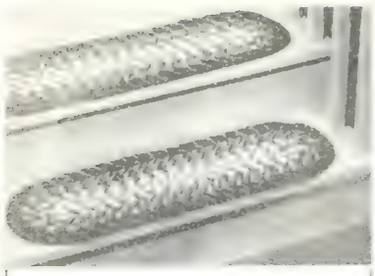
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Accessory Wood Blades White or Brown 24.95

Prices include shipping charges
Check with order only — No C.O.D.'s

Floridian Designs, Inc.
12550 N.W. 39th St.
Coral Springs, Florida 33065
305-752-0751

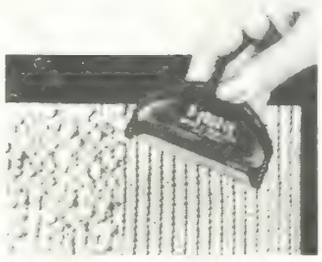
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SHOPPING AROUND



HEATING GUIDE

Want to know how to determine the heating cost of a greenhouse? Invaluable, scientific formula is set forth in heating guide with information on a unique solar-panel, double-wall greenhouse. 50¢. From Vegetable Factory, Inc. HGE9, Box 2235, Grand Central Station, NY 10017.



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Handy little comb strokes out mats, pills and balls from napped fabrics in seconds. Use it on sweaters, shawls, any knit. May be used on fabrics of man-made fibers, $1.98 plus 25¢ post. Order D-Fuzz-It from Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.



ETERNAL LINK

Bride and groom's coat of arms, linked by helmet and mantle, hand-engraved on a wedding band of 14K gold. 10mm wide. Send drawings for both names or request coat-of-arms research. $155 ppd. Write for free color catalogue. Heraldica Imports, HG9, 21 W. 46th St., New York, NY 10036.



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Pet carrier with rustproof screening all around avoids that closed-in feeling. Inside: wall-to-wall carpeting! Pet carrier of pressed wood, three sizes: 9" x 16" x 12", $19; medium, 12" x 18" x 13", $28; 16" x 16" x 20", $38. Plus $3 post. Turen, Inc., PC9, Etna Rd., Lebanon, NH 03766.



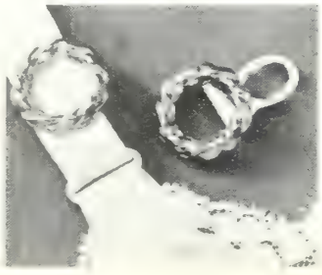
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Send your love message in style. Elegant pen-and-ink lithograph of oak-shaped tree integrates "love" in the design. Framed in a clear 14" by 17" by 1" plexiglas art box for any decor. $20 plus $2 post. Matching 10 notes/envelopes $3. Eve Originals, Inc., HG9, Box 203, Cold Spring Harbor, NY 11724.



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Exquisite carving of turtle in solid crystal brings out every shell marking. Signed by Tyko, its Swedish artist-designer. A lovely addition to your coffee table or curio cabinet. Length 3¾" head to tail. $14.98 plus 95¢ post. Ferry House, HG9, Briarcliff Manor, NY 10510.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. 2 clips for $1.98 plus 20¢ post. Anthony Enterprises, HG9, 556 Mission St., San Francisco, CA 94105.

CTORIAN TOUCH

/all shelf of handwoven natura ttan has two wood shelves for ooks, knick-knacks, beauty aids 5" by 7" by 18" h. With hooks 13.95 painted white, pink (blue reen/orange/yellow black $3 ex a. Add $2 post. Catalogue 25c ran's Basket House, HG9, Route 0, Succasunna, NJ 07876.



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Waterproof Maine moccasins are rand year 'round. Rigid rubber oles, sturdy rubber uppers lacing eather trim. Cotton knit lining acy removable insole. Blue rown, green. Size 5 to 10. M only ree color catalogue $22 plus $2 ost. per order. The Talbots, Dept. A, Hingham, MA 02043.



UICK BRICK CLEANER

..t an end to dull or dirty bricks round your fireplace, barbecue r patio—the quick cleaning-action f Bric-Nu removes smoke, carbon, oot, lime, alkali, or any kind of tain; . . . bricks look like new! nt. $3.98 plus 85c post. Anthony nterprises, HG-9, 556 Mission t., San Francisco, CA 94105.



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Necklace kits with semi-precious tones and findings. Amethysts with liquid silver, $8.95; hand-arved cinnabar, twisted silver 8.95; jade and liquid gold, $9.95; ed garnets, twisted gold, $11.95. Add 80¢ post. Save 50% on 3 or more. The Bead Workshop, HG9, 19 S. Wash., Stillwater, OK 74074.



OOT PAMPERER

Treatment for tender, bent toes is self orthopedic pad that rests nderneath, held securely with lastic over toe. Alleviates pain oe tip corns. Washable. Specify hoe size. Pair, $5.98, plus 40c ostage. Write to Anthony Enter-rises, HG9, 556 Mission St., San rancisco, CA 94105.



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Choice of 3 heights. All sides 8" wide

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Chumley's

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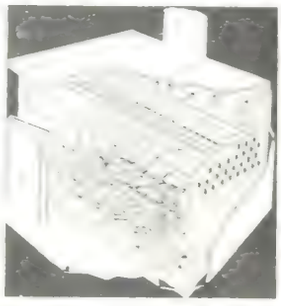
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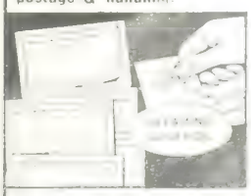
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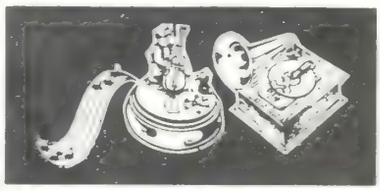
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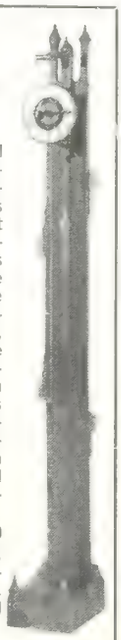


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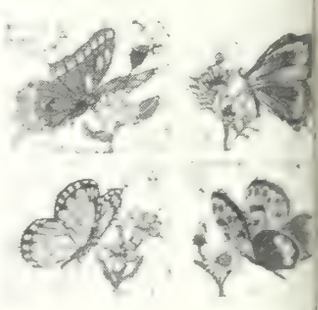
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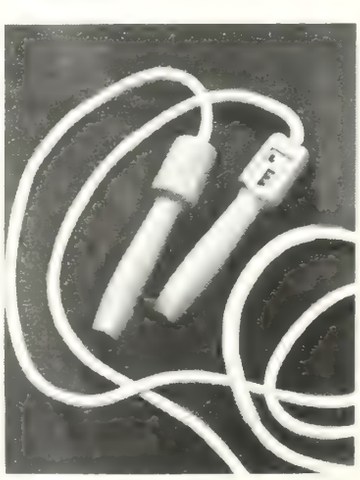
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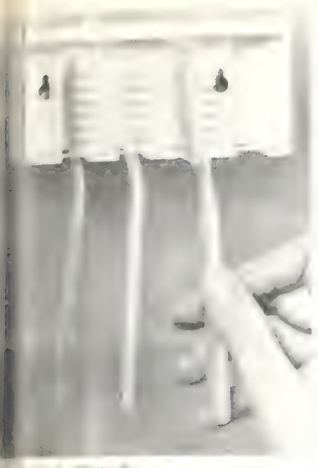
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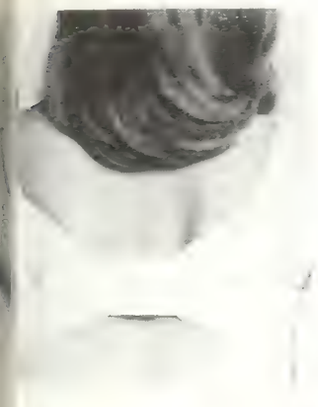
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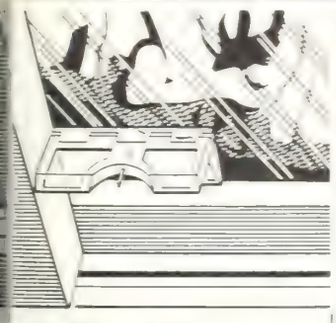
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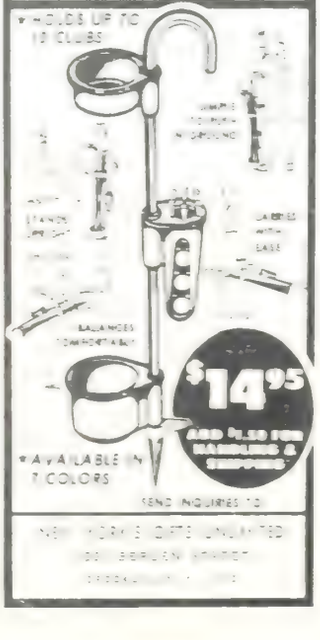
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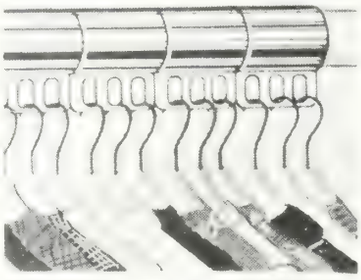
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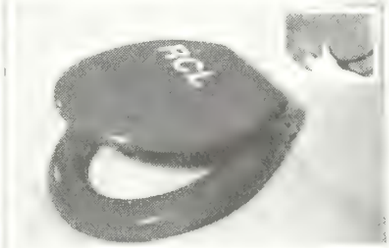
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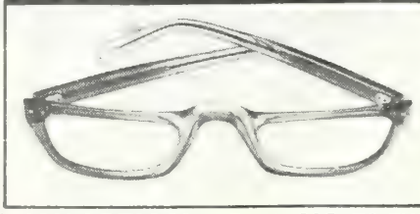
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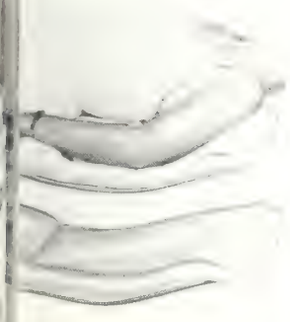
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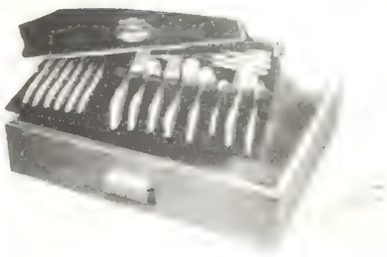
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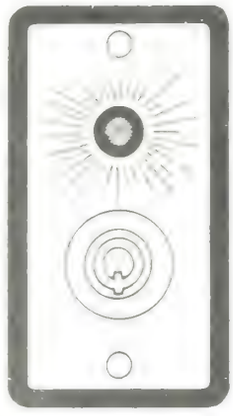
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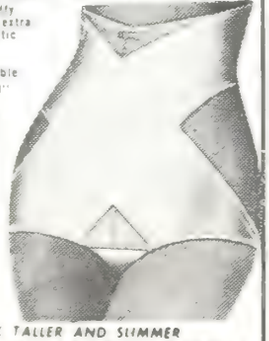
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GARDENERS NOTES

BY JAMES FANNIN(

SUMMER'S END



How to replant peonies; new books about soilless gardening, and a not-to-be-missed Japanese landscape in St. Louis

Paean for peonies



Tree pe flowers be as m as 6 or across, ferny, b leaves



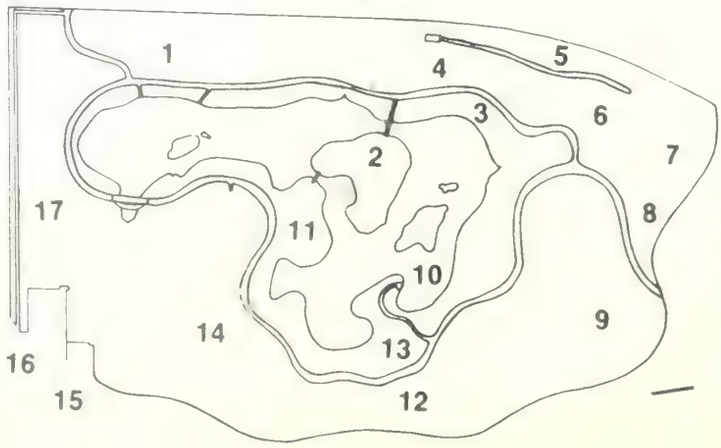
September is peony planting time. Underground, the buds for next year's growth are fully formed and, as long as these are not damaged, roots may be dug up, separated, and replanted. The operation is simplified by cutting off the leaves an inch or two above the soil. This does no harm to the plant, which has already stored enough food in its roots to last through the winter. A point to keep in mind is that the buds growing near the leaf bases should be barely covered by soil—1½ inches—when replanted. Planting too deep will mean no flowers next year, or ever again in succeeding years. Once a peony is planted, you can, to all intents and purposes, forget about it. However, a sprinkle of fertilizer in the spring will help the leaves stay green and healthy through the summer. One of the peony's great advantages lies in the fact that, after the great, flaunting, display of flowers that marks the change from spring to summer, the plants don't grow any bigger. This makes them an ideal background for low-growing annuals or perennials that flower later in the season. Less familiar than the common herbaceous peony is the so-called tree peony. This is really a shrub, with woody stems that may grow as much as 6 or 8 feet high. The leaves are a distinctive blue-green color and the flowers—mostly single—are even more spectacular than the herbaceous ones. Both types of pe like a deep, rich, well-drained soil a sunshine for at least half of every day leading supplier of peonies, both tree a herbaceous, is Louis Smirnow. Mr. Sm now ships plants all over the country a issues a catalogue that is really a ha book of peony growing. It is priced $1, from Louis Smirnow, 85 Linc Lane, Brookville, N.Y. 11545.

Pure harmony in St. Louis

One of the world's great botanical gardens has a new feather in its cap. *Seiwa-En*, largest Japanese garden on the North American continent, was dedicated last May as part of the Missouri Botanical Garden—often called Shaw's Garden, for its founder, Henry Shaw—in Louis. The name means "garden of pu clear harmony and peace" and is appl here to a masterful assemblage of all elements that go into Japanese garc art. A far cry from the tiny patch of sa

Continued on next pa

JAPANESE GARDEN



1. Iris garden
2. Teahouse
3. Rangui posts
4. Rhododendron
5. Path
6. Rock garden
7. Pine woods
8. Loop road
9. Mound
10. Waterfall overlo
11. Garden shelter
12. Woodland strea
13. Azaleas
14. Plum tree fores
15. Sand and stone
16. Federated Garc Clubs headqua
17. Rocky array

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Energy index
Continued from page 94

Energy saving rooms and houses

January 1974
Page 67. Super Kitchen—How to Conserve the Energy You Have: Energy-Saving Appliances.
Page 72. A Breakaway House that's Heated by the Sun.

April 1975
Page 112. Powered by the Sun and Wind: A Vacation House that Makes Use Most of Nature.

May 1975
Page 70. New House Designed to Make Use Most of Solar Energy.

August 1975
Page 70. New Solar House Draws Warmth from Sun into One Big Room.

October 1975
Page 134. Vacation House, Greenhouse, and Sauna Warmed by Sun Power.

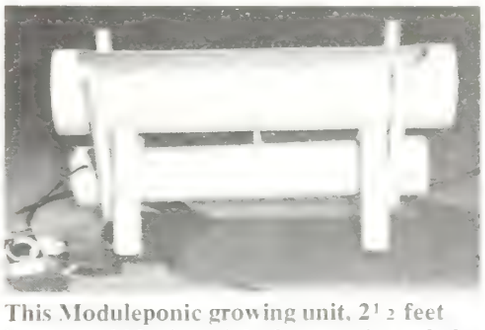
January 1976
Page 78. A Living Room Garden with Switch-on Sunlight.

April 1976
Page 122. Computer Architecture: House in the Earth, Natural Insulation.

and rock that so often goes by the name of Japanese garden. *Seiwa-En* is a 13½-acre landscape. Designed by Professor Koichi Kawana, of the University of California at Los Angeles, the new garden includes specimen trees, a teahouse, streams with bridges and waterfalls, and encircles a lake complete with islands. It joins the world-famous Climatron as one of the prime attractions of Henry Shaw's remarkable 79 acres, and the Gateway Arch as a focus for tourists from all over the nation. The Missouri Botanical Garden is open daily, 9 to 6. $1.50 for adults, 50 cents for children.

No soil—no toil

Growing plants without messy soil is an ancient dream of gardeners. Recently, with more and more of us growing things on rooftops and other places far removed from Mother Earth, the dream has become a clamorous demand. Fortunately, plastic containers, electric pumps and timers can now be put to use in growing plants. In fact, a whole new science has developed concerned with soilless growing. It's called hydroponics, and there is now enough literature available on the subject so that anyone interested can plunge in without fear of going astray. James Sholto Douglas has written a *Beginner's Guide to Hydroponics* (Drake, $6.95; $3.95 paperback), with enough information for the novice to get started in soilless gardening. Mr. Douglas's *Advanced Guide to Hydroponics* (Drake, $12.95) carries the subject to a professional level. Simplified but highly practical is *Home Hydroponics and How to Do It!* (Ward Ritchie Press, Pasadena, paperback, $5.95) by Lem Jones. Both authors give most of their attention to growing food crops hydroponically, but, of course, the same methods apply just as well to ornamentals. When it comes to hydroponic equipment, most of the big seed houses sell the necessary components. A self-contained unit consisting of plastic growing tray, nutrient solution tank, pump, and timer is available from Homeland Industries, Inc., 271 Devoe St., Brooklyn, N.Y. 11211. Called *Moduleponic*, it comes in several sizes, including one with a self-contained light fixture for indoor use. The simplest Moduleponic unit is 2½ feet long and priced at $65, plus 10 percent for shipping. Larger units are priced accordingly. For complete information and a price list—write to the Brooklyn address.



This Moduleponic growing unit, 2½ feet long, would be just right for growing salad greens by a dining-room window

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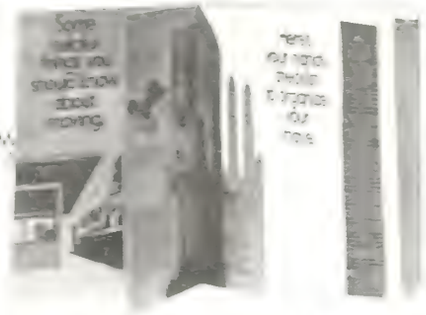
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THE NAME MEANS MOVING.

Energy outlook for windows
continued from page 135

• Plug the leaks. Cold air leaking in can account for 30 percent of the load on a heating system. Caulk around window frames and weatherstrip with a vengeance, wherever frame surfaces meet. It can cut that load in half.
• Once emergency measures are taken, perhaps it is time to give philosophical consideration to the whole question of windows. Rex Roberts, in his book *Your Engineered House*, says that we expect far too much of them. They must let light in and keep cold out. They must open and close. They must ventilate and yet be airtight. He suggests assigning single specific functions to each window. In other words, consider converting some opening windows to fixed glass that's sealed against air movement.
• Insulated vents, low on the north side of the house and high on the south side, would insure a summer breeze through the house, and could be closed in winter.
• Metal frames might be replaced with wooden frames that conduct less heat. One company, Alcoa, is already making double-glazed windows in metal frames sealed and buffered against conducting heat.
• Insulating shutters, either inside or out, offer wide possibilities both for saving heat (and cool), and for interior design. They can be simple homemade affairs of rigid insulation enclosed in fire-retardant material (a safety precaution) that swing on hinges or are cut to fit into window openings at night and stack by day, or they can be designed into the house, perhaps sliding into pockets in the wall. Goose Brook, a solar-heated house in New Hampshire, has a long exterior insulating shutter that slides like a barn door across its south-facing glass front at night, and by day forms a partition in a two-car garage. Sunega Associates makes Thermal Shutter Blinds, and the Pease Co. makes the Ever-Strait Rolling Shutter. Both shutters slide down a track outside a window to provide a wind shield that can reduce heat loss 20 to 40 percent by holding an insulating layer of dead air against the window. They roll up into a box mounted over the window when not in use. The Shutter Blind is vinyl; the Rolling Shutter, metal, wood, or plastic: both can be controlled from inside the house.
• Insulating shades or curtains help. Any curtain, drawn across a window, will help—but its performance is increased if it has an insulating lining, if it has a valance closed at the top to prevent the warm air near the ceiling from falling down behind the curtain to be chilled by the cold window, or if the curtain is as close as possible to the window, to keep an insulating layer of dead air against the glass. Sunshine Designs, Box 13, Ludlow, Vt. 05149 makes an insulating roller shade that fastens tight against the window frame with Velcro strips. It will make it to your measurement, and even use your material, if you like.
• Watch for new developments in window materials. One interesting project being conducted at Lawrence Livermore Laboratory is a study of a coating that is transparent until the room reaches a temperature of about 85° F. Then it turns opaque to block out more sun. It could conceivably be on the market in a year.

How do you use them?

In a way, windows are like faucets, gadgets that can be turned on and off to provide needs and comforts as desired. Energy and comfort can be saved and increased by simple decisions and habits of use. For instance:
• Consider leaving storm windows yearround on those windows that are rarely or never opened.
• Draw the curtains at sundown; if you have insulating shutters, use them.
• Make sure the southern sun has a clear path in winter—and an obstacle course in summer.
• *Think* about your windows—and enjoy the view. ■

Plants for night people
continued from page 42

as addicting as its smoking counterpart. Grow the plant in full sun while you're away during the days. And don't pick the flowers if you don't want tacky fingers; the plant's stem and leaves are sticky.

For the real hard-core stay-up-all-night person, no flower could be better than *Allophyton mexicanum*, the Mexican Foxglove. Its lovely violet minute bell-shaped flowers are a sweet-smelling delight—just at sunrise. Very soon after, they lose their magic touch and the Mexican Foxglove becomes simply another attractive potted plant to have around the house during the day. ■

Lights up, energy down
continued from page 86

because of their long narrow shape and high efficiency, are ideal for under-cabinet lighting. General Electric's Bright-Stik, a 25-inch fixtureless tube that does not require electrical work, is simple to install. Two 30-watt (36 inches long) fluorescent tubes are recommended for a sink under a window.

You will need general lighting as well, so you can see into cabinets and drawers. One solution is a ceiling fixture, fluorescent or incandescent. Locate it as nearly as possible an equal distance from all cabinets. In larger kitchens that may mean an off-center position with a separate fixture for an eating area. Because recessed incandescent fixtures confine light, four fixtures are usually needed to do the job of a surface mounted one that diffuses light across the ceiling. Another possibility is built-in perimeter lighting above the cabinets that puts light where it is most needed. Fluorescent tubes in an extended soffit or a valance light the face of the cabinets which then reflect the light into the room and also the interior of cabinets when door is open.

Next consider whether you want a accent lighting—a small spotlight or collection, separate lighting for boo shelves, special plant lights. And, a fi note: It's easier to remember to turn lights if there's a switch by each do *You*, in the final analysis, are the m important energy saver. ■

New York
continued from page 164

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LUNCH BETS EAST OF LEXINGTON

One Chinese restaurant, two Italian, a one health food are only a few of t variety in this area. **Uncle Tai's Hun Yuan**, 1059 Third Ave. near 62nd has an unpretentious atmosphere a wonderful Hunan food; **Isle of Cap** 1028 Third Ave. at 61st St. has an e closed sidewalk section that's cool b with a nice view; **Il Vagabondo,** 351 62nd St. has a bocce court in the bac **Healthworks,** 148 E. 57th St. offers s ads, whole-grained breads, fresh fru sublime fruit yogurt. ■
See the House & Garden travel bookl (page 70) for other shops and hotels.

New in the stores
continued from page 34

makeup. They're concentrated, so a litt goes a long way. **Golden Mellow Lotio** from *Shiseido* is the newest, and lem lovers should take right to it. The fr grance is just tinged with lemon and th color is pale-yellow pretty. $6 or $8 you prefer to use a light, whipped crea version.

Here's a bargain: a whole new grou of **nail colors** from *Maybelline* for on $1 each. The nail-strengthening base included right in the formula, so there another extra you won't need to bu Choose from 15 cream shades, 8 froste and a perfectly clear for extra gloss. Hin Swish newly lacquered nails around very cold water to make them dry ver quickly. The cold "sets" the lacquer a most immediately. PAULA RICE JACKSO

Astrological guide to your fragrance
The sign: **Virgo**
(circa August 24-September 23)
The element: **Earth**



The key phrase for Virgo is "I analyze. Virgos aim for logic and precision, ar perceptive and critical, and are capabl of intense absorption in their work i scientific, literary, or educational fields Cultivating the earth is rewarding o many levels for Virgos and they ofte have an active interest in health, nutri tion, and hygiene. Their emotions ar not often conspicuous. In fragrances fo Virgo, we look for clean, uncluttered es sences close to nature; radiant **Calèch** by *Hermès* is a perfect example. *Revillo* makes the unusual **Detchema,** engagin aura. For the ever-youthful Virgo man *Jess Bell's* **Colorado Sage** is a match. ■
MARIA REACH

HOUSE & GARDEN

OUR BIGGEST FALL DECORATING ISSUE EVER

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HOW TO DECORATE BEAUTIFULLY WHEN YOU THINK YOU CAN'T AFFORD TO

YOUR HEALTH—HOW TO RELAX WHEN YOU THINK YOU CAN'T

INDOOR GARDENING—HOW TO GROW PLANTS WHERE YOU NEVER COULD GROW THEM BEFORE

APPLES—QUICK TIPS AND RECIPES YOUR FAMILY WILL LOVE

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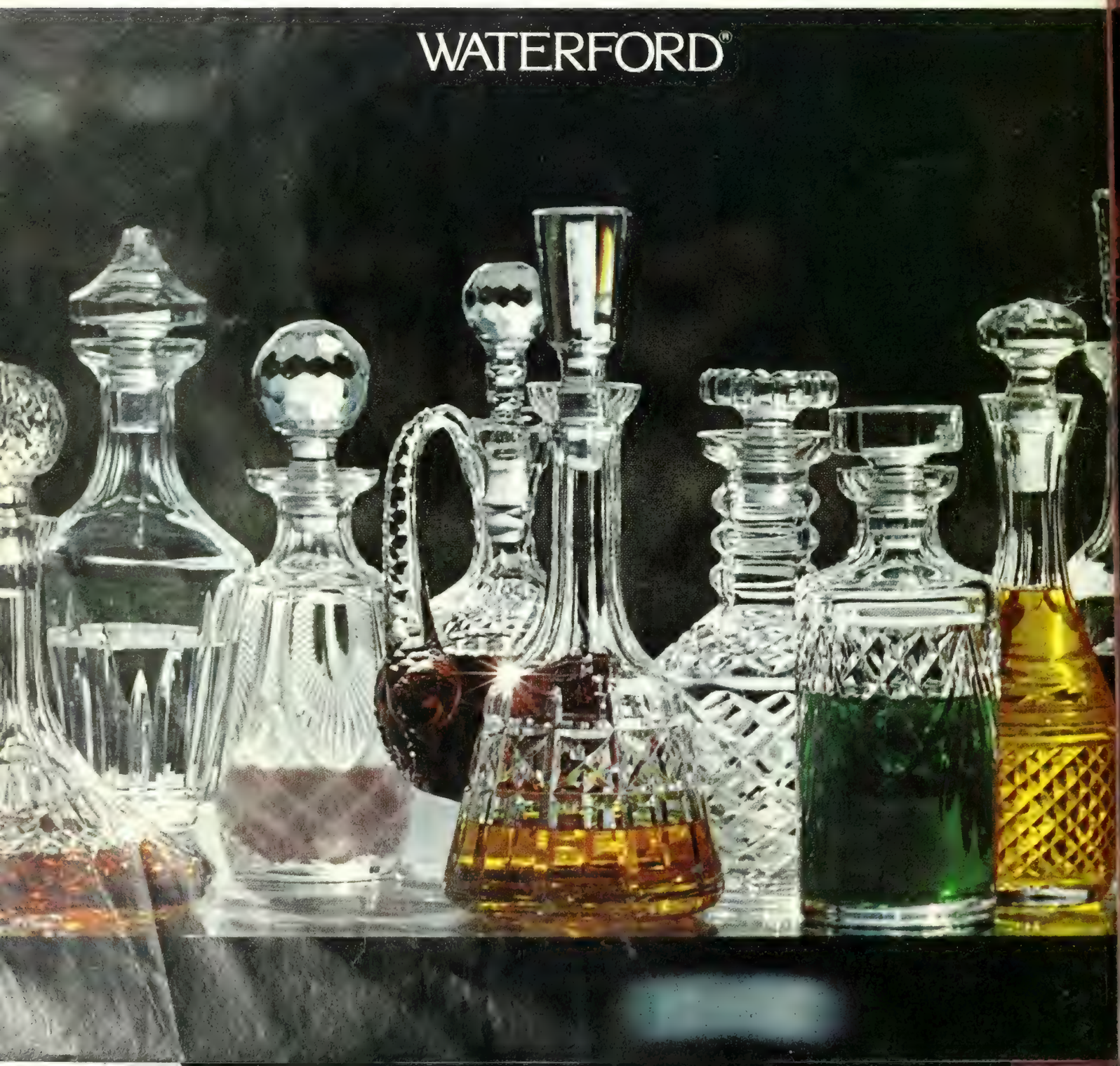
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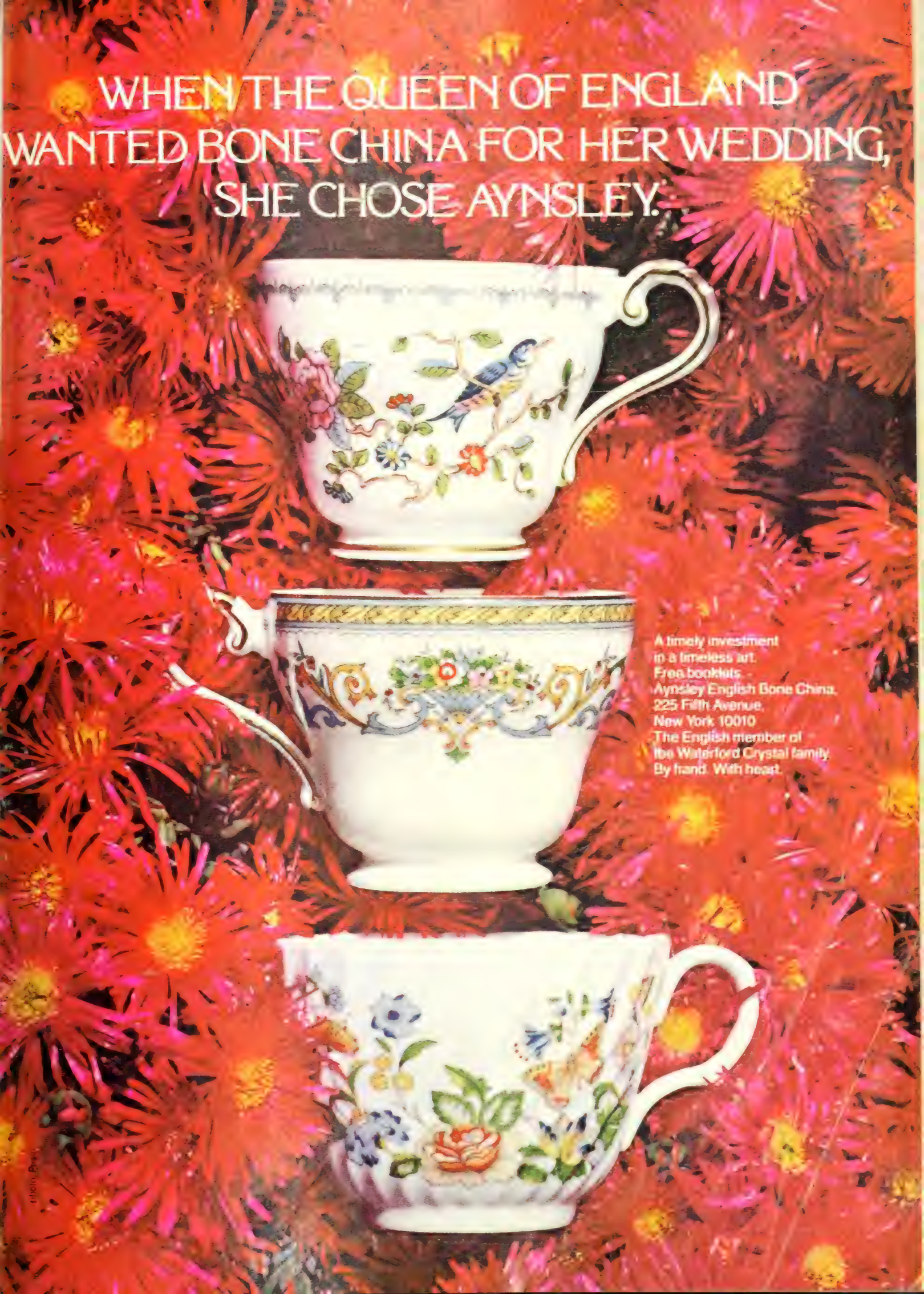
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OCTOBER 1977

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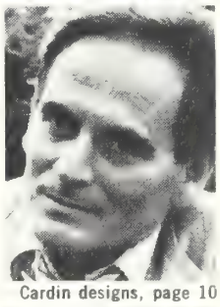
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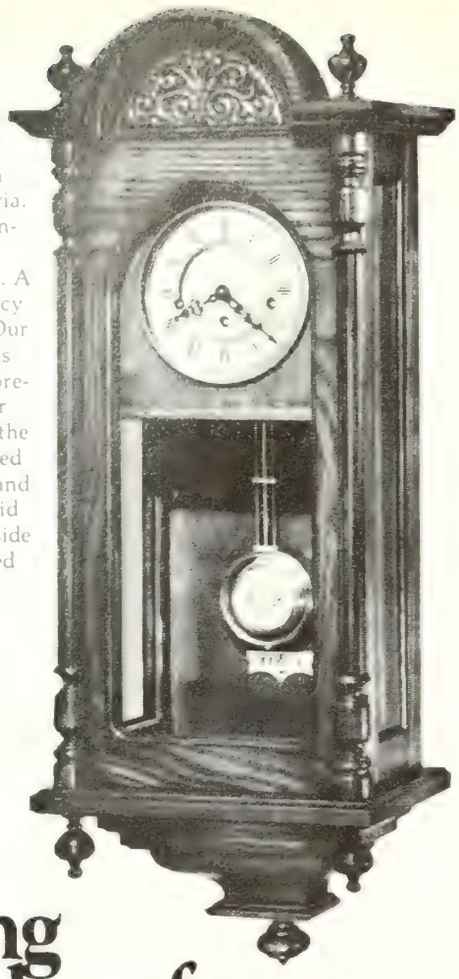
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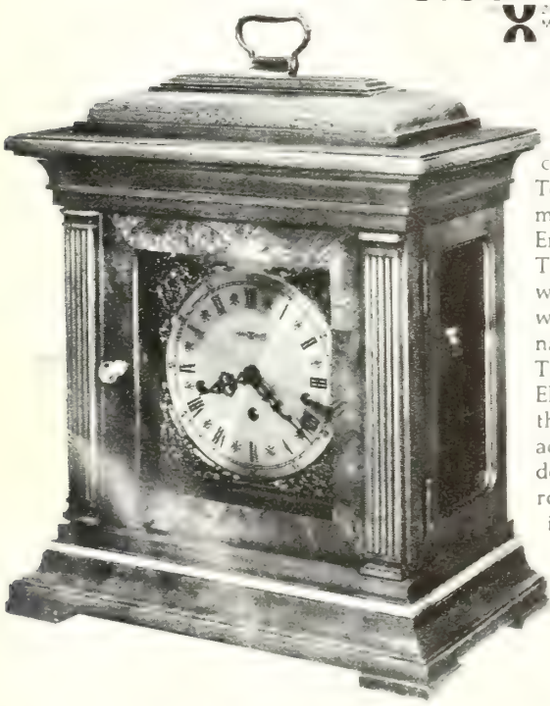


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On the cover: The charm of blue, white, and traditional furniture makes any room inviting. This living room, designed by Richard Neas in a house restored by the Historic Charleston Foundation, is filled with tradition, starting with Baker's Historic Charleston Reproductions. (The foundation can tell you where to see originals—page 20). Fabrics by Jay Yang. Devoe paint. On table, part of Mottahedeh's Charleston-inspired Canton china, reproduced by Vista Alegre. Quilt by Thomas K. Woodard; lamp by Edward Krumpe; other china, John Rosselli. Other rooms, page 146. Shopping information, 188

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Living

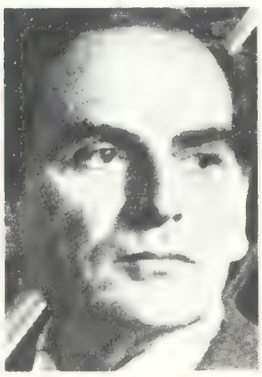


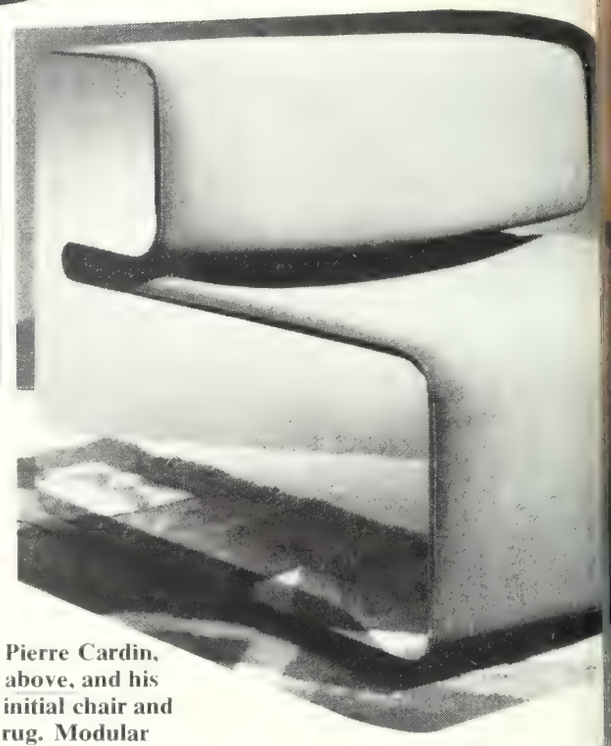
Decorating • Design • Plants
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Design news

Cardin branches out







There's no end to Pierre Cardin's talents. Probably one of the most involved designers in the world, with interests in theatre, fragrance, fashion, and art, he is now designing homefurnishings for the American market. His new collection of seating, tables, lights, and rugs is uninhibitedly modern but purposefully designed to mix unobtrusively with antiques. Born in Venice, Cardin has never lost his love for beautiful, old, decorative things, though he projects an image as modern and streamlined as the Concorde. "We must not be bogged down with the past," he says, "but use the traditional principles of design to reflect the day in which we live." A timeless feeling of luxury and quality runs through the clean, uncluttered lines of this furniture. Modular seating is upholstered in velvet or Ultrasuede. Glitter is there in polished chrome, steel, and aluminum used for tables and storage pieces, and lamps topped with Mylar shades. Cardin hopes to come to the U.S. to launch collection (furniture by Dillingham, lamps by Laurel, rugs by Ege) at Altman's, New York this month. More, page 154.

Pierre Cardin, above, and his initial chair and rug. Modular seating, far left.



Departure points

Leaf-taking in Vermont

The favorite fall spectator sport in Vermont is foliage viewing. The "sport" is to drive through the twisting roads of the Green Mountains as slowly as possible, so that you won't miss the next panorama around the curve ahead. There's no speed traffic on October weekends—just a steady procession of cars turtling along behind one another, occasionally pulling off the road to photograph the natural beauty. The colorscape is so vivid it sometimes looks painted. For a feast of viewing, you can choose any number of scenic drives. Route 9 between Brattleboro and Bennington is a mountain road of incredible beauty. Route 11 between Londonderry and Manchester is shorter, less curvy but still hilly. Route 17 between Middlesex and Bristol, through the Appalachian Gap, is a zinger. From Woodstock, one of Vermont's prettiest towns with clusters of old houses and an inviting inn, drive along Route 4 to Rutland. Part of the pleasure of a Vermont weekend is "inn-ing." The state is thick with comfortable historic old inns, snuggled into lush countryside, offering personalized service, delicious home cooking and an ambiance of 18th- or 19th-century char You might stop at the C Tavern at Grafton, a delight old mill town on the Saxt river, which is being lovingly stored house by house.

Fall in South Woodbury, Vt.

Vermont values

Shelburne museum, Burlingt probably the greatest comp hensive American folk art c lection in the country ** Antiques trail along Route country stores stocked w simple fancies **** Four C umns Inn, Newfane, for dinn where French chef-owner Re Chardian changes his me with the season. In fall, you be treated to game.

PATRICIA BROO

Garden art

All dilled up

The one problem with dill is that you cannot really grow enough of it indoors—unless there's room for a dozen pots or so. Still, even one pot of it is worth keeping to accent that occasional fish or sour cream dish. Plant the dill seed directly into the growing pot. Dill's root structure is rather delicate, and it's not worth the coddling involved in transplanting, particularly considering that a crop lasts four months or so before it goes to seed. That same short growing period also means, of course, that dill produces a fast crop. No year-long wait with this one. Use about a dozen seeds to an 8-inch pot, barely covering them with a thin layer of spaghnum moss. Put a plastic wrap over the pot top to retain moisture until you can see the first plantlet above soil, usually in a week to 10 days. Remove cover and give it full sun and water as needed to keep it firm and healthy.



When the plants reach 4 inches in height, you can beg harvesting, first by thinning c the weaker plants, then by tri ming leaves off the remaini ones. Always leave at least inches of old plants from whi new growths can develop. If t stem begins to turn woody, productive days are past. Tha why it's always a good idea start a new pot every 3 mont so you can pick dill fresh whe ever you need it.

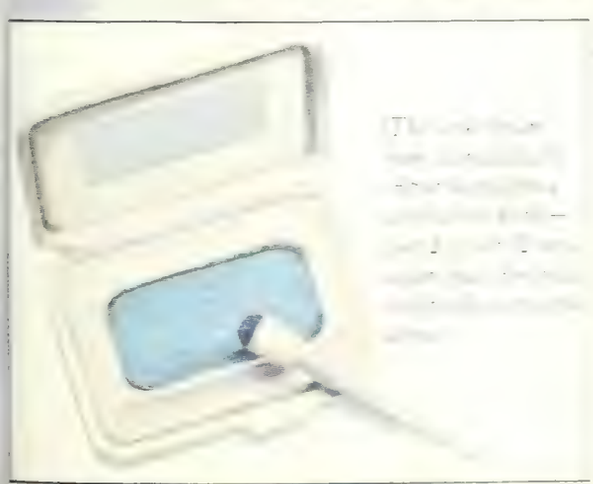
RICHARD LANG

SHEILA CAMERA



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Living

How to refurbish furniture

Step by step: Removing hardware. Cleaning surface with steel wool, buffing dry. Using a blending stick for scratches and hole

Quite often furniture simply needs refurbishing instead of refinishing. Perhaps a piece needs cleaning and rewaxing, or a scratch has marred an otherwise unflawed finish. Here are techniques to use at home.

1. Remove hardware. **2.** To clean surface, dip #0000 steel wool into a solution of benzine and crude oil in equal parts. Apply with the grain of the wood in a back-and-forth motion, doing one section at a time. **3.** Rub dry with a piece of clean cheesecloth, keeping cloth folded evenly and taking care to remove all possible oil on piece. **4.** To repair scratches and small holes, use a blending stick in light or dark mahogany, walnut, or natural available at most paint or hardware stores. Carefully run blend stick over scratch causing scratch to "disappear." For holes, use a harder wax stick in the shade closest to your piece (available at most paint and hardware stores). Put a small chunk of this tinted wax on a wedge, such as tapered dowel or orangewood stick, and force it into the crevice. Remove excess wax with wedge and buff with dry cheesecloth until excess wax is totally removed from the smooth surface. *Note:* Do not buff so hard that the wax comes out of the crevice.

To wax furniture, use a mixture of paste wax and turpentine in equal parts. Wipe on with the grain of the wood using a folded cheesecloth, doing one section at a time. Let dry for 5 minutes. When waxed section becomes hazy, rub well with a clean cloth in a back-and-forth motion with the grain of the wood, and buff with another clean cloth the same way. MICHAEL PRINCIPE

Make your po

Why not show off your n point skills to the world i keeping them at home o cushions and chair seats? Murray has designed dre cummerbunds, and the a wears here, which comes a design of a frog or straw on its panel. Kit includes needle, yarn instructions. Points of Interest, 30 Bee Place, New York, N.Y. 1



Tray chic

From France, the ultimate, reusable party six-pack. The break-apart plate, cup, knife, fork, and spoon come in colorful plastic (six different shades in a pack). For indoors or out, great for a buffet, picnic, boat, backyard. $12. Cache-Cache, 758 Madison Avenue, New York, N.Y. 10021



SHEILA CAMERA

Decorating idea of the month

White sheets trimmed with stripes



Quilted puffy curtains muffle noise

Sweet candy stripes

A dark, small bedroom, looking into an interior courtyard became a bright, pretty place with yards of pink, white, and green candy-striped cotton. Designer Sheila Camera shirred fabric on rods, fixed below the ceiling and above baseboard, all round the room. The cotton is quilted for bedcovers, curtains, and floor cushions. With so much softness elsewhere, floor is bare, painted white.

Needlepoint panel detaches with zipper so apron can be washed

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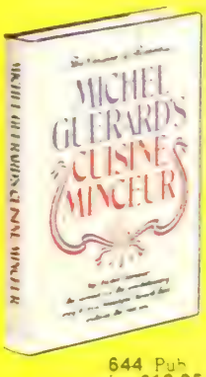
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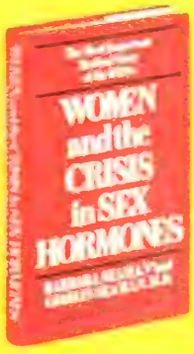
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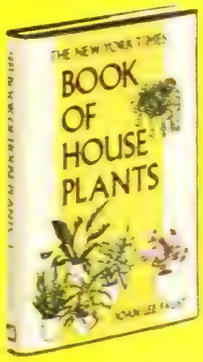


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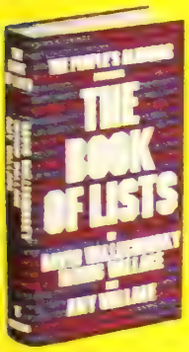
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Living



MICHAEL DUNNE

Restoration on Chapel Street; far right, rice-carved fourposter by Baker

Site saving

Instead of restoring individual houses, Historic Charleston Foundation has undertaken to rehabilitate a whole area. The Foundation's director, Mrs. Frances Edmunds, says the strategy is to restore a house in a historic, but rundown neighborhood, influencing nearby properties that might otherwise remain neglected. The house in Chapel Street, *above*, used for our story in Historic Charleston Reproductions (page 146) is an example. The Foundation has made a study of Chapel Street and hopes its pilot operation will encourage people to buy other houses to help complete restoration of the district. Each house bought will be kept in use as a private home, office, or restaurant, and the proceeds made by the sales reinvested back into the community. As Mrs. Edmunds says: "These true examples of Charleston architecture are national treasures and must be saved." For more information about the project and house tours, write to the Historic Charleston Foundation 51, Meeting St., Charleston, S.C. 29401.



Finding a Penn

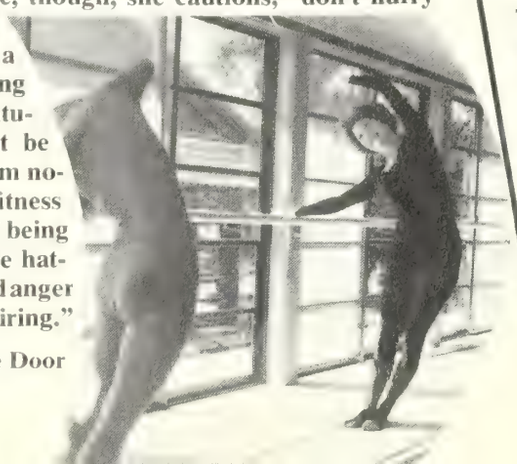
Positively a hit show this fall: the major exhibition of work by photographer Irving Penn at the Marlborough Gallery, opening September 9 and running through October 11. The 125 pictures trace the major phases of his work, from portraits to the more recent "Street Material." In this group, cigarette packs, disposable cups, and other "potentially sinister refuse," in the words of Henry Geldzahler (who, with Alexander Liberman and John Szarkowski, has contributed to the catalogue), are "ennobled." All the photographs will be available to collectors, including the portraits of Albert Giacometti, Cecil Beaton, Jean Cocteau, Colette, Picasso, and Marcel Duchamp. Prints are made through a platinum process, which Penn has adapted.

Cocteau by Penn

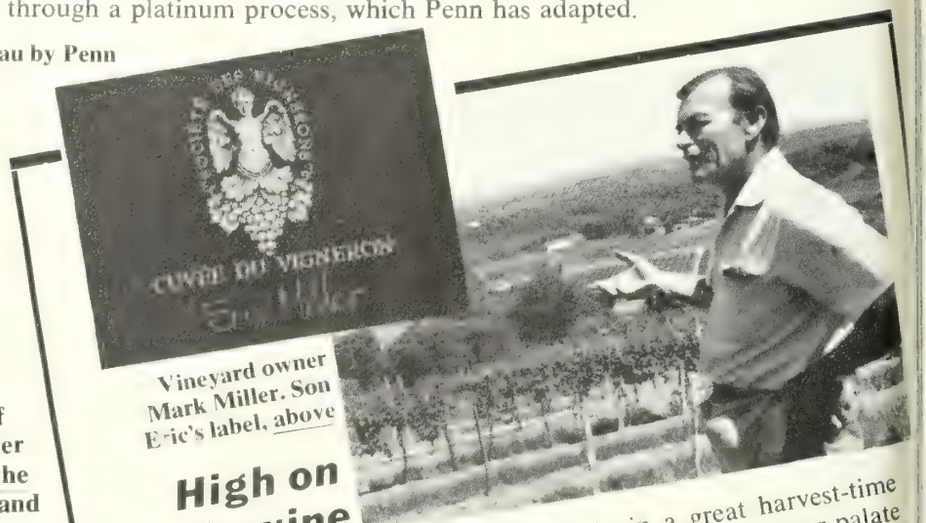
Health

Exercising power

An authority on beauty and health for over thirty-five years, Deborah Mazzanti, founder of the fabulous Golden Door health spa, has now put her system and philosophy down on paper. In Secrets of the Golden Door, (Morrow, $12.50), she gives food, menus, and exercise programs so you can create your own "Door" experience—"movement, relaxation, nutrition, joy"—at home. If you follow her regime, though, she cautions, "don't hurry your body. Imagine that you're a gardener. Like a plant, your body is a living organism with certain natural cycles which cannot be speeded up." Another firm no-no: Don't be a physical fitness fiend out of sheer fear of being ill. "If you exercise while hating it, tension, rigidity and anger make every movement tiring."



Side bends at the Door



Vineyard owner Mark Miller. Son Eric's label, above

High on the vine

The bottles of wine on your table can have your own name on the label, if you become a member of the Société des Vignerons. For $150, you sponsor two vines at Benmarl Vineyard, New York, which will be cultivated for you. The first year afterwards, you receive a case of wine free with your label on each bottle. Thereafter, you pay $35 annually for your case and can purchase any other wine from the vineyard at cost. As a vigneron, you are invited in the fall to pick the grapes and join in a great harvest-time picnic. In the spring, your palate is put to test on the new wines. At this point you make a selection of the wine to be included in your order. The vineyard, set on a high, pastoral hill overlooking the Hudson river, is a lovely place to visit—or work. Mr. and Mrs. Mark Miller and their two sons Eric and Kim welcome all vigneron to be an apprentice. Write for their newsletter. Benmarl Vineyard, Marlboro-on-the-Hudson, N. Y. 12542

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DEAR HOUSE & GARDEN . . .

Answers to your questions
Here we share some interesting letters from our readers

Color matching

I love the color—a kind of Wedgwood blue—used on the woodwork of Mrs. Stewart's living room [June 1977 issue]. Could you please tell me how to reproduce it? —P.S., Bettendorf, Iowa

Your best bet is to take the magazine page to your paint store and ask an expert for "swatches" of several closely related colors, then take them home and look at them in the room under day and electric light, especially under the lighting conditions during which you plan to spend most of your time in the room. Neil Janovic of Janovic/Plaza, a paint and wallpaper store in New York City, adds, "Southern or western sunlight will redden a color slightly. Eastern daylight will intensify a color slightly. Northern daylight is the most neutral light of all. The more coats you apply, the truer the color will look." He recommends at least two coats of any color—and three coats for yellows and for pastel pinks.

Cooking with wood

We'll be building a house soon and would like a wood-burning cookstove along with our electric stove. Can you help us? —E.W., East Tawas, Mich.

Here are some mail-order retailers who carry wood-burning cookstoves and who ship anywhere in the U.S. Investigate right away, as there may be a two to four months' wait.

1. Bow & Arrow Stove Co.
   14 Arrow St.
   Cambridge, Mass. 02138
   Catalogue $1
2. Pioneer Lamps and Stoves Co.
   71 Yesler Way
   Pioneer Square Station
   Seattle, Wash. 98104
   Catalogue $4.95 (refundable with purchase)
3. Portland Stove Foundry
   57 Kennebec St.
   Portland, Maine 04104
   Catalogue $1
4. The Merry Music Box
   20 McKown
   Boothbay Harbor, Maine 04538
   Catalogue $1

Green thoughts

Please tell us where we can get copies of Russell Page's book, The Education of a Gardener, published in England and mentioned in the July 1977 issue. —S.B., New Canaan, Conn.

You don't have to go to England to get it. The Madison Avenue Bookshop (833 Madison Ave., New York, N.Y. 10021) will ship a copy anywhere in the U.S. for $10 plus $2.40 U.P.S. shipping.

Designing floors

I would like to use the stencil design that Mrs. Stewart used in her living room for my country house kitchen floor. It will save me hours of work if I can get a drawing of it. —H. deS., New York, N.Y.

Mrs. Stewart designed and cut her own stencils, so drawings aren't available. But you can find similar designs in JoAnne C. Days *Early American Cut & Use Stencils* ($2.50 plus 50¢ postage from Dover Publications, 180 Varick St., New York, N.Y. 10014), which has 54 ready-to-cut oaktag stencils, many suitable for floors. Or send 25¢ for a catalogue of kits and supplies to American Decorative Arts, Box 117, Dorset, Vt. 05251. Being brave and making your own stencils? Expert Adele Bishop recommends .005 inch frosted Mylar sheets, available from any good art supply store. Mrs. Stewart's last word: "Have patience!"

All folded up

Could you please help me find a booklet on folding napkins in different ways? —R.G., Annapolis, Md.

"The Candle," "Buffet Server," and "Diagonal Stripe" (with a place to tuck in a place card or flower), and seven other folds are illustrated in the "Guide to Napkin Folding," available for 25¢ from The Belgian Linen Association, Dept. N, 280 Madison Ave., New York, N.Y. 10016.

Finding the light

I have made lovely lampshades, découpaged and with wallpaper cutouts pierced to let the light through, similar to Mrs. Henry Parish's in her "Sister Parish" shop in Maine [May 1973 issue]. I need washer top rings, large rolls of paper, etc. The order sent to my old supplier was returned stamped "No Forwarding Address." Can you put me in touch with a supplier? —H.D., Marianna, Pa.

We were able to track down the new mailorder address of your supplier. It is:

Unique Creations Inc.
Hobbi-Art
4713 Kirkwood Highway
Wilmington, Del. 19808

Its sculptured lampshade craft catalogue is 25¢, or free with Ruth M. Dorsman's how-to booklet, which is $1.75 ppd. ■

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The plant boom is on

All across the country—in suburban split-levels and big-city apartments—people are discovering the challenge, the pleasure, the satisfaction of doing something new and exciting with plants. In *Foliage House Plants*, your introductory volume to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, you'll discover hundreds of ingenious ways to work with plants. Special illustrations show you how to make a bottle terrarium, a window greenhouse. And you'll find solid, no-nonsense advice on how to keep your plants healthy and happy. Here are some of the exciting things you'll discover in *Foliage House Plants*.

Hang It, Trail It, Train It, Bottle It . . .

Foliage House Plants will show you how to use scale, emphasis and repetition to solve key decorating problems. You'll learn how to divide a large room into intimate areas with plants; how to shorten a long, narrow room with plants; how to round out troublesome corners with plants. We've included full-color photographs and how-to drawings to show you exactly what we're talking about.

One Man's Cactus Is Another Man's Schefflera

The tremendous variety of house plants available today allows you to create the exact decorating effect you want. There are foliage house plants to suit every taste, every budget. *But how can you tell what they look like from a lot of Latin names?* That's why *Foliage House Plants* includes full-color paintings of 103 genera house plants. You'll also find a six-page chart listing the characteristics and special uses of 239 varieties of house plants.

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Unlike flowering plants, whose blooms last only a week or two, foliage house plants provide pleasure and beauty year round, year after year. Provided they receive the proper attention. *Foliage House Plants* offers you advice from an expert—James Underwood Crockett, the eminent horticulturist. He'll show you how to start plants from stem cuttings, how to provide the proper light, how to use fertilizer properly.

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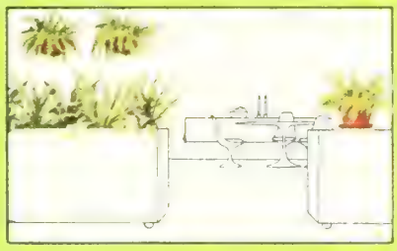
Enjoy *Foliage House Plants* for 10 days as the guest of TIME-LIFE BOOKS. Try some of the decorating ideas. Look over the spectacular illustrations. If you decide to keep it, you pay just $6.95 plus shipping and handling. We'll then enter your subscription to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, and other volumes will be shipped to you one volume at a time, approximately every other month. If you wish to return any volume, you may do so within 10 days without any obligation whatsoever.

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Why not begin your horticultural adventure today with *Foliage House Plants?* Use the coupon below or write to TIME-LIFE BOOKS, Time-Life Building, Chicago, Illinois 60611.



Massed foliage, like that of bird's-nest ferns, gives an empty fireplace an elegant look in summer, especially when framed by a pair of stately paradise palms.



Plant boxes set on casters can be arranged in a variety of ways to divide a long room or create an entrance hall where none exists.



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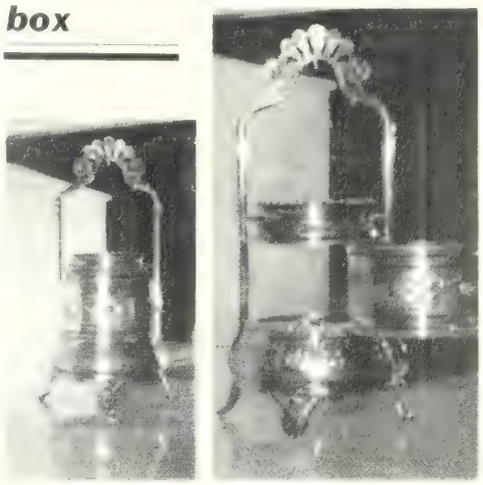
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ANTIQUES



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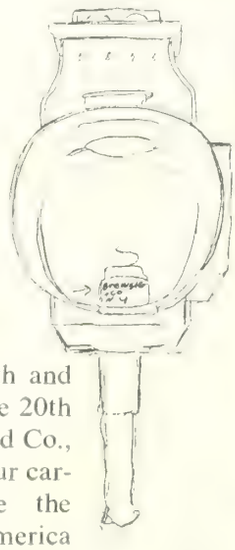
Victorian jewel box



Do you have any idea who made my jewel box and how old it might be?
S.N.—Edmonds, Wash.

The well-known Reed & Barton, Silversmiths, founded at Taunton, Mass., in 1824 made your late Victorian plated silver jewel box about 1885. It sold then for $25. It is a fine quality of plated silver over pewter.

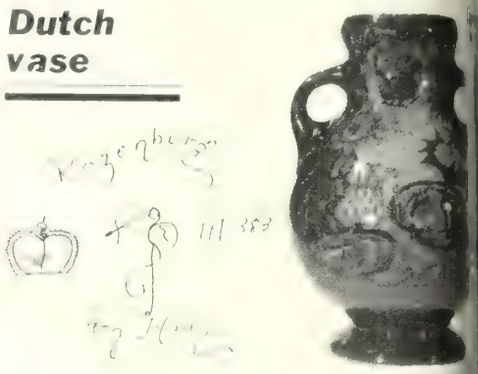
Brewster carriage lamp



I would appreciate information about the Brewster Company that made my lamps. E.R.A.—Andover, Mass.

For most of the 19th and the early years of the 20th century, Brewster and Co., the fabricators of your carriage lamps, made the finest carriages in America—perhaps in the world. No one with ambitious social aspirations could afford not to have some sort of a Brewster carriage or sleigh. The founder, James Brewster, opened his first shop at New Haven in 1810. Later, under the management of his son Henry, the principal headquarters of the firm was established in New York. At the Paris Universal Exposition of 1878, Brewster carriages in competition with carriage builders to the Queen of England and the Czar of Russia received the highest award. In the early 20th century, Henry Brewster's son William undertook to supply custom-made automobile bodies of flawless quality. In 1925, Rolls-Royce acquired the company.

Dutch vase



Where was my vase made and can you tell me anything else about it?
M.W.S.—Wichita Falls, Tex.

Your vase was made at Rozenburg, a factory established in the last quarter of the 19th century at The Hague, Holland. The factory developed a striking Art Nouveau style. The vivid blue on your pictured vase is an unusual and interesting feature.

Colonial Revival settee



Can you tell me what period my very old sofa represents and something about its style? J.R.P.—Palmyra, Va.

Your settee, dating about 1876-1885, is an example of the Colonial Revival movement. This furniture is not always a faithful reproduction, as very often popular features from several styles are combined, sometimes with extraordinary results. Your settee combines a "Windsor" back, a seat of oval form (a favorite Adam form), and straight legs reminiscent of Sheraton.

Continued on page 32

With Permission from Royal Copenhagen Porcelain Manufactory, Ltd. Denmark

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Royal Copenhagen Collection

An ancient Chinese motif was the inspiration for the "Blue Fluted" design originally crafted in porcelain by Royal Copenhagen in 1775. Today its unique beauty continues to make it a collector's item the world over.

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Twin size mattress or boxspring.
(Queen size shown.)

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When it comes to firmness and comfort features, no mattresses in the world are built quite like the Sears-O-Pedic Imperials.

Prove it to yourself. Inspect the Innerspring *and* the Polymeric Foam Models, feature by feature. Each offers you just about the smoothest, most comfortable sleep possible. First-class luxury. Plus the durability and mileage you'd expect from a Sears Best—backed by Sears warranty.

Is innerspring or foam right for you? To find out, come to Sears and take The Mattress Test. Lie down with your eyes closed and turn as you would in your sleep. Your body will tell you in no uncertain terms which model feels best.

The extraordinary Sears-O-Pedic Imperial Mattresses. Available in twin, full, queen or king sizes at most Sears larger stores and through the catalog.

WARRANTY

Sears O Pedic bedding. (Mattress or boxspring)

FULL ONE-YEAR WARRANTY ON SEARS O PEDIC ADULT BEDDING

For one year from the date of purchase, Sears will, at our option, repair or replace this bedding, free of charge, if defective in material or workmanship.

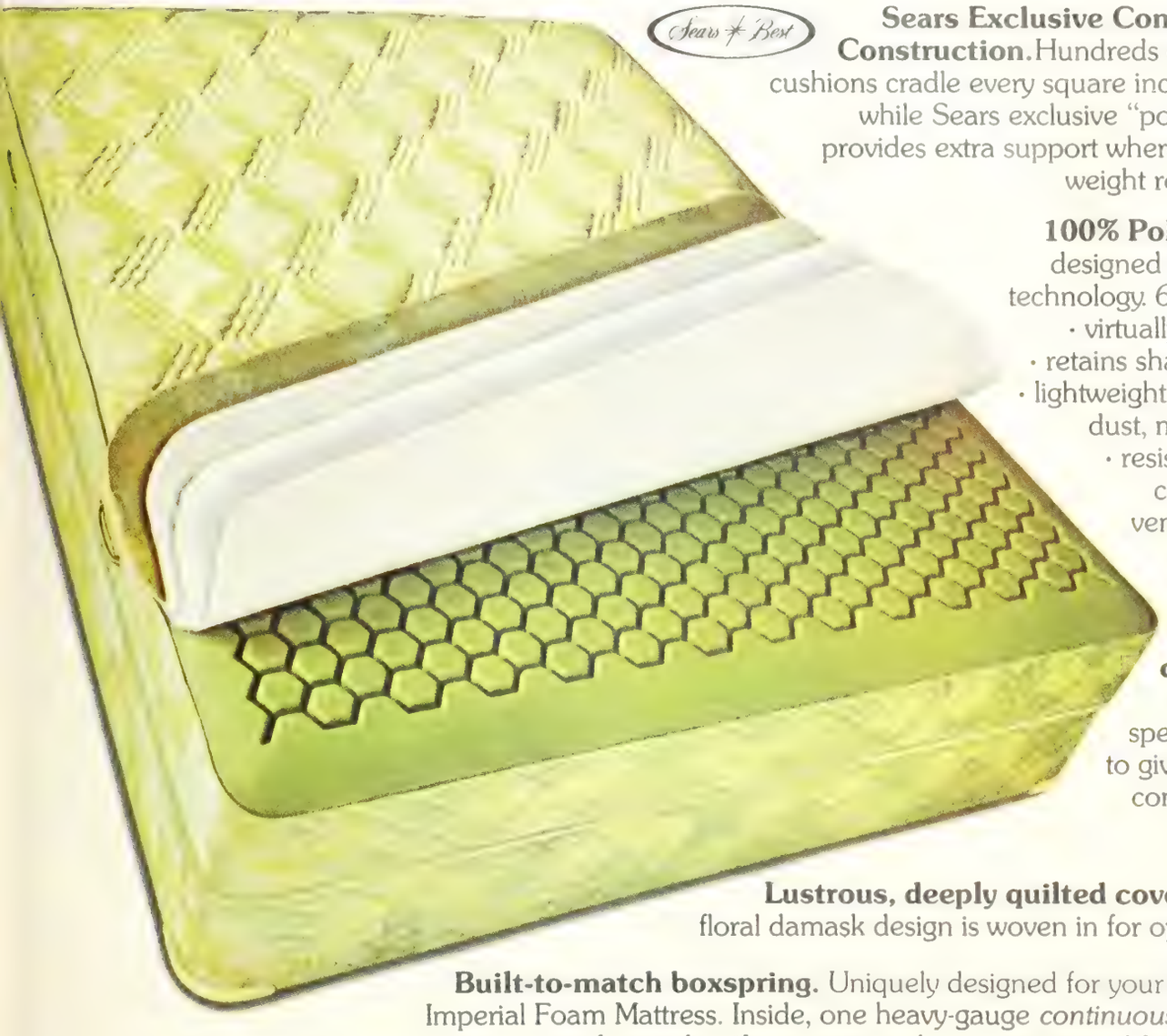
LIMITED WARRANTY

After one year from the date of purchase until 15 years from date of purchase, if this bedding is defective in material or workmanship, Sears will, at our option, replace or repair this bedding, charging you 1 15 of your purchase price times the total number of years owned

Contact your nearest U S Sears store for warranty service

If bedding is queen size (60 inch width), these warranties only apply when the bedding is used with center support frame or bed rails that provide rigid center support

The Sears-O-Pedic Imperial Polymeric Foam Model



Sears ✱ Best

Sears Exclusive Contour Support Construction. Hundreds of firm support cushions cradle every square inch of your body while Sears exclusive "posturized" foam provides extra support wherever your body weight requires it most.

100% Polymeric foam designed with space-age technology. 6½ inches deep · virtually indestructible · retains shape indefinitely · lightweight · resists odors, dust, mildew, bacteria · resists sagging and crumbling · self-ventilating · never needs turning.

Five plush layers of comfort. Each luxurious layer specially designed to give you sleeping comfort on top of firm support.

Lustrous, deeply quilted cover. The elegant floral damask design is woven in for optimum luxury.

Built-to-match boxspring. Uniquely designed for your Sears-O-Pedic Imperial Foam Mattress. Inside, one heavy-gauge *continuous coil* gives you more comfort and uniform support than conventional foam boxsprings.

$139.95*

Twin size mattress or boxspring.
(Queen size shown.)

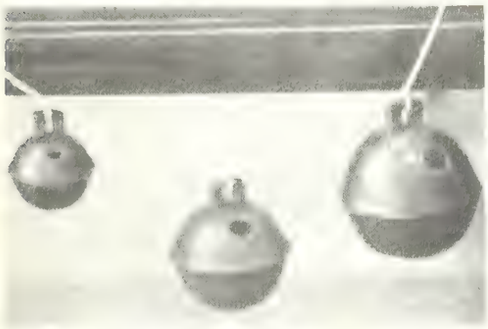
*Prices higher in Alaska and Hawaii.

The place to shop for mattresses **Sears**

© Sears, Roebuck and Co. 1977

continued from page 28

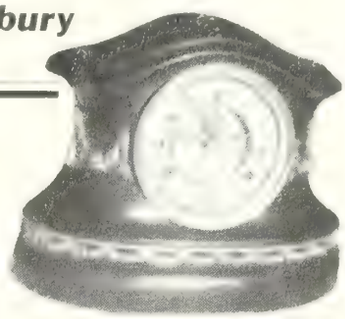
American sleigh bells



Can you tell me anything about the origin of my sleigh bells and their manufacture? V.W.B.—New York, N.Y.

Your popular globular sleigh bells were made in 20 numbered sizes (largest No. 18 and smallest No. 00). Prior to 1700, sleigh bells were cast in two parts and then soldered together after a pellet was inserted. In 1808, William Barton of East Hampton introduced core casting, which permitted the bells to be cast in one piece and thereby accelerated their production. The line around your bell is the draw line from the impression of the pattern. Before the Civil War, practically all sleigh bells bore the initials of the maker, the majority of whom were active in the Connecticut Valley. This area, and East Hampton in particular, soon earned the reputation of the sleigh bell capital of the world. Two initials in your mark may belong to Golf and Watrous of East Hampton.

Waterbury clock

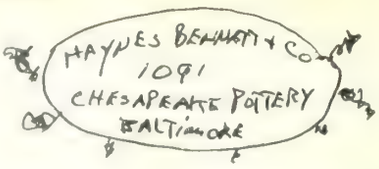


On the back of our clock is a label reading "Catalena" manufactured by Waterbury Clock Co., Conn. U.S.A. What can you tell me about it?

F.B.B.—Alexandria, Va.

Your Waterbury "Catalena," dating around the early 1880s, with an arched top and gilt metal mounts was much in demand because of its unusual size and shape.

Chesapeake pottery mark



From the mark I've sketched, can you tell me anything about the maker of my dish?

S.A.O. Jr.—Indialantic, Fla.

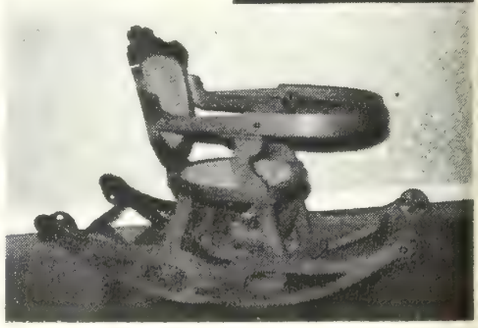
Your dish was made at the Chesapeake Pottery, started in 1880-1881 at Baltimore, Md. In 1890, it became Haynes, Bennett & Co., and in 1895, D. F. Haynes & Son. So your mark was of brief duration, which enhances the value of your dish.

Child's combination chair



Have you any information at all about this type of child's chair?

R.H.—Merced, Calif.



Your type of very convenient child's combination chair with four positions, dating about the 1870s, is a relatively sophisticated product, which spawned large numbers of cheap, mass-produced versions of it around 1900.

Antiques show



The twenty-fifth annual Theta Charity Antiques Show, sponsored by the Houston Alumnae Chapter of Kappa Alpha Theta will be held Oct. 12-16. In celebration of its Silver Jubilee, the show will feature an important loan exhibit from a private collection. Entitled "A Century of English Silver, 1660-1760," it will include this George II antique English silver ewer, made by Paul de Lamerie about 1735. The show will be held at the Albert Thomas Convention Center, West Hall, Capitol at Bagley, Houston, Tex.



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HOW TO *relax* WHEN YOU THINK YOU CAN'T

Tips, strategies, and foods to help you unwind and feel serene. By Elin Schoen

Relaxation is right up there with love: Everybody wants it. And where there's public demand, there are products. Books like *The TM Program, The Relaxation Response, The Relaxation Controversy* offer wonderful programs to "get it together" (as certain meditative types would put it). But they require time and commitment and therefore are not for everybody. As for pills, among other negative things they treat only the symptoms of nervousness or stress. When the illusion of relief wears off, you're still uptight.

Achieving relaxation is above all an individual process: The means of combating stress are as varied as its sources. As Dr. Hans Selye, Professor and Director of the Institute of Experimental Medicine & Surgery, University of Montreal has pointed out, stress can even result from the shock of great happiness! I asked nine men and women in high-pressure fields to give me their personal remedies for tension (see below). Each seemed to have found the answer, for themselves at least.

Relaxation, of course, came naturally when we were children. A normal child has no carefree activity. And chang in itself a great relaxer. Do the polar opposite of what you do involves a whole dif ent set of preceptions. For stance, a photographer mi relax by writing letters. A wr might relax by taking pictu A change of place is as effect as a busy editor told me. "J going to our house in the co try for the weekend is a wh different lifestyle. I've come associate the place with rela tion, so even when I work th my attitude is more relaxed."

- *"The essence of successful relaxation is never letting your head get higher than your feet."*
- *"Read a book or watch bad television. Conversely, read a bad book or watch good television."*
- *"Driving is very relaxing, but not on a highway. Stick to back roads, very scenic areas with lots of greenery."*
- *"When I'm in a deadline situation, I relax by concentrating on how nice it will be when the job is completed."*
- *"Reading cookbooks. Just reading them."*
- *"Cooking."*
- *"Crossword puzzles."*
- *"Anything that doesn't require thought."*
- *"Housecleaning, refinishing furniture, weeding the garden."*
- *"Consciously instructing my muscles to relax when lying in bed."*

Some environme stir up stress, oth are low-keyed a calm us down. If y cannot get away fr your house on a re lar basis, you may fi it helpful to create atmosphere in o room that you f particularly relaxi Pressures that bring home with inevitably, or wh arise from family li also inevitably, can helped by the m fact of a relaxi physical environme

And there are c tain foods that associate with be relaxed that have come symbols of co forts—security foo mainstays of chi hood, which are soothing. me, these are graham cracke Postum, hot chocolate, Breye mint chocolate-chip ice crea saltines, Lipton's chicken n dle soup, home-made chocol chip cookies, Cracker Jack, a mal crackers (in the circus b with the little handle), and Ov tine. One thing that all th foods have in common, besic nostalgia value, carrying back to problemless days, blandness, which has a calmi effect. But there are other re sons why some of them are laxing. Chicken soup, hot ch olate, *(Continued on page 3*

FITNESS EXPERT NICHOLAS KOUNOVSKY SUGGESTS RELAXATION EXERCISES EASY TO DO AT HOME

There must be action to generate relaxation, says Nicholas Kounovsky, fitness expert and author of four health and exercise books. "Tension is stagnation. Movement helps to distribute circulation." There's no need for complicated preparation for exercising, he adds. Use what is at hand—a chair for example—to stretch and contract, flex and bend. "Positive relaxation is hugging and releasing, doing what a cat or dog does. Animals know and feel tension, and respond automatically." For best results, exercises should be done with the eyes closed—"it makes you stop for a little while"—and with a floating, gliding rhythm. Body Stretcher and Body Twister, loosen up the antagonistic muscles—those not generally activated in normal sedentary daily living. These muscles have tensed due to *nonuse* and need to be *used* in order for you to be relaxed.

1



Body twister—to limber the spine

1. Sit in a chair, hands behind your neck, slowly bend torso forward, lowering head and elbows down. Exhale.
2. Slowly straightening your spine, stretch left arm forward and up, your right elbow back. Gently twist your spine. Bend and spread knees. Inhale.
3. Back to first position. Straighten up and twist to the other side.

2



Body stretcher—to counteract gravity

1. Sit in a chair, bend knees and hug them tight.
2. Slowly put your right hand on the side of chair to aid balance, then elongate left leg forward and down and left arm backward and up, stretching the whole left side. Move head up and down for a few seconds. Inhale.
3. Come back to first position and then repeat, stretching the other side.


The wine sat there and the Smirnoff flowed. Amusing.
But not terribly surprising. Smirnoff (a long-time member of Europe's elite) had found its way to the dinner table. The Smirnoff Bullshot (with bouillon and lime wedge) tastily complemented proper food, and the Smirnoff Spritzer (soda water and a twist) didn't take over the way the more forceful wines play with your palate. It was a delicious evening. Impeccable. Crystal clear. Memorable.
Smirnoff
leaves you breathless.



54 Proof Liqueur. © 1977 Arrow Liquors Company. Allen Park, Michigan.

Postum, and Ovaltine are warm liquids. Warmth is soothing. These warm drinks dilate the blood vessels in the stomach and viscera and the increased blood supply raises the temperature locally and on the surface of the body. The evidence of body warmth associated with complete relaxation is seen in infants who regularly perspire lightly and feel very warm to the touch during sleep. And anything with milk in it relieves jangled nerves because of the calcium content. Milk contains an amino-acid that is relaxing and mildly sedative. This amino-acid (a breakdown product of milk protein produced by digestion) is called tryptofan. It acts as a sedative even in animals and is marketed in the British Isles as a harmless sleep inducer. So, ice cream, a milk product, is soothing and especially so if it contains mint. Mint is relaxing but nobody seems to know why.

Since relaxing over a cup of coffee is a contradiction in terms and also pretty expensive nowadays, I've added mint tea to my list of security foods. Also yogurt, a less fattening source of calcium than ice cream. Not that calories are any consideration in the choice of security foods. In fact, dieting, trying to lose weight, can be as stress-producing as anything else—the strain of resisting tempting desserts, the pressure to get that extra pound off before the weekend. Security foods are not for every day. But given basic, good eating habits, the occasional box of Cracker Jack does lots of good for the psyche and no harm to the body. A break in the Spartan regime is extremely relaxing. Besides, excess calories can be worked off through exercise—another great relaxer. Any form of exercise will help loosen tense muscles and increase your oxygen intake. Yoga, because of the deep breathing, is especially helpful for the latter. And swimming is extra-relaxing because it takes place in water. Immersion in water is calming because the extraordinary buoyancy of water gives a feeling of weightlessness and lightness and enables you to move about or float or jump with no real effort. The water supports the weight of the limbs, negates to a large extent the effect of gravity, and makes you feel free—like you were walking or jumping on the moon. If you do not have a pool or seashore anywhere near you, you can always try a hot bath combined with whatever you may consider relaxing music. (Music is an easy way to turn your environment from keyed-up to relaxed, to effect a mood change.)

There is no mystery about the connection between exercise and relaxation. First of all, you can physically exhaust your nervous self into submission—to sleep or just lie around. Secondly, after you have exercised, jogged, played tennis, or whatever, your mind, which probably had trouble reading or concentrating because of tension, functions better. Explains Dr. Jean Buchin, assistant professor of psychology at Baruch College, New York University: "Improved circulation and increased oxygen intake exhilarates the brain as well as the muscles."

Dr. Buchin and Sandy Berwald, a former professional dancer, have started a unique health program. Dance 'n Shape, as it's called, involves an hour of dance-based exercises done to music, and then an hour-long rap session. The idea is that body awareness and mental awareness add up to total self-awareness. And it works. All that muscle-loosening liberates the thought processes, so the rap sessions are much more productive than they would be if you sat down to talk immediately after you have finished a day's work.

A final word about relaxation. With all the hoopla about the disastrous effects of stress on the human body, we tend to overlook the fact that some tension is a motivating factor. Dr. Hans Selye writes in *Stress Without Distress* "Complete freedom from stress is death." In other words, even after the hot milk and tennis games and reading lightweight novels, there is still going to be a certain amount of stress in your life. But if you are a dynamic, ambitious, productive person, just adopting that positive self-image should help to do a lot to make you relax. ■

Beauty and health products new this month in the stores

The leaves are turning. The rusts and reds and golds are all around us and *Estée Lauder* captures them in her newest collection of makeups. Called the **Spice Market Colors,** they include **Cheek Coloring Sticks, Automatic Lipshine,** and **Tender Lip Tint** for lips than can also be outlined with **Perfect-Line Lip Pencils,** and, of course, there are eye and nail colors to complete the look. And the colors sound good enough to eat—Date-nut Red, Gingersnap, Mulled Claret, Apple Cordial. It really is like being transported right into a faraway bazaar of luscious colors and scents. Cheek Coloring Sticks, $5; Automatic Lipshine, $4; Tender Lip Tints, $3.75; Perfect-Line Lip Pencils, $3.50.

And this month the men really have something to enjoy as well. **Devin**—a clean and spicy, fresh-as-a-meadow, country fragrance for men by *Aramis*. The collection includes **Country Cologne, After Shave,** a pale green gel-cream skin **Soother,** and a good-looking, square, hard-milled soap, plus other fragrant packages, all handsomely wrapped. Country Cologne, 4 ounces, $15; After Shave, 4 ounces, $10; After Shave Soother, 4 ounces, $8.50; soap (3 cakes), $10. *(Continued on page 42)*

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Center: White china with gold hand decoration. Antique gold finished mountings. Off-white hand-pleated fabric shade, 31½ inches high. About $200.

Left: Bright distressed old brass finish with beige pleated linen over translucent vinyl shade. 34 inches high. About $146.

Right: Antique old brass finish with ivory textured fabric over translucent vinyl shade. 35 inches high. About $129.

Prices may be slightly higher in the West and South.

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—Oscar de la Renta

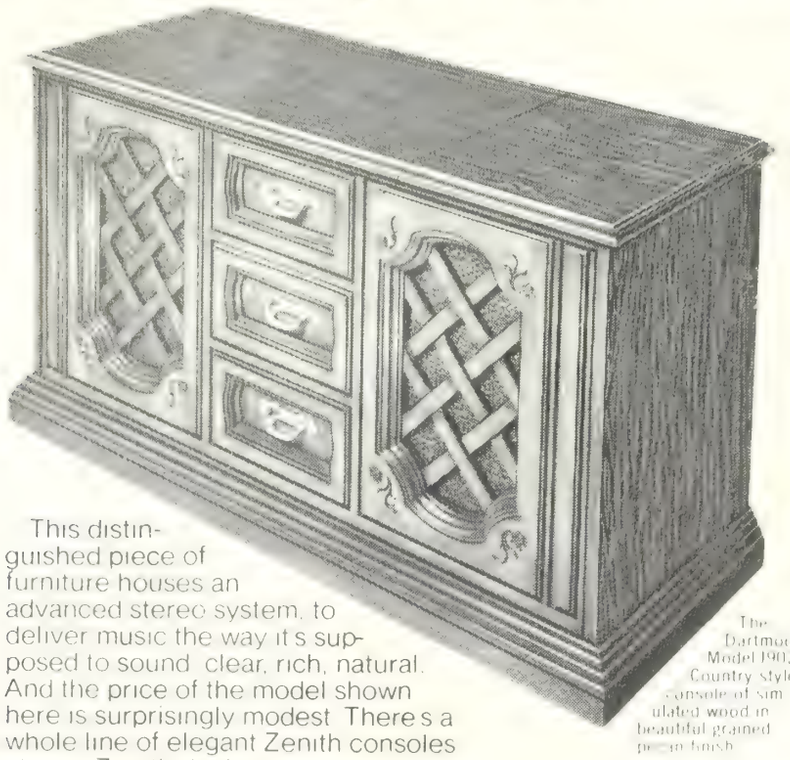
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This distinguished piece of furniture houses an advanced stereo system, to deliver music the way it's supposed to sound: clear, rich, natural. And the price of the model shown here is surprisingly modest. There's a whole line of elegant Zenith consoles at your Zenith dealer.

The Dartmoor Model 1902P. Country style console of simulated wood in beautiful grained pecan finish.

ZENITH

The quality goes in before the name goes on*



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Gorham introduces the tree that grows in silver. Shimmering in reflective light. Captured for all time. Signed and dated by the noted artist and naturalist Randy Adams. Each tree is exquisitely sculptured from silverplated copper wire, mounted on a Vermont slate base and lacquered to preserve the lustrous original finish. A unique collectible. 15″ high $160; 12″ $120; 9″ $70; 8″ $54. By Gorham, Providence, R.I. 02907.

GORHAM TEXTRON
Gorham Division of Textron Inc

Beauty and health products
continued from page 37

Speaking of packaging, not only doe*Christian Dior* make wonderful produc to make you look prettier, it also alway manages to put them in good-lookin packages. One example is **Ombrette** mini eyeshadow compacts hardly bigge than a postage stamp. The tiny navy blu plastic compact contains pressed powde eyeshadow and a mirror—all you nee is your fingertip, or treat yourself t Dior's new **Contoured Eyeshadow Brus** in a slim, crystal Lucite wand. Colo run the gamut of the prettiest mist shades of blue, green, peach, and other The same compact in its daddy-bear siz holds Dior **Blush,** a new group of so powder blushes for the fall, and there ar new additions to the famous Christia Dior nail enamels and lipsticks. Dio Ombrette, $4.50; Dior Eyeshadow Brush $2.50; Dior Blush, $8.50.

Everybody should be able to take car of her skin at home. *Glemby Interna tional* has just brought out a fragran green liquid in a frosted bottle calle **Herbal Concentrate.** All you do is add capful to a big bowl of hot, steamy wa ter, throw a towel over your head, an let the invigorating moist heat give you skin a delicious workout. Its aromati and herbal extracts might well help you sinuses, too. 4 ounces, $7.50.

Leslie Blanchard, the magician of hai coloring and hair care, has now put to gether some very special products to, a he says: ". . . keep a beautiful head o your shoulders." There are **Shampoos Conditioners, Setting Lotions,** and a non aerosol, metered **Finishing Spray.** Ther is also **Revitalizing Lotion,** a concen trated liquid that instantly condition color-treated hair. And for dry an color-treated hair, there is **Moisturizin Hair Creme** to give hair a healthy sheen Shampoo, 8 ounces, $6; Conditioner, ounces, $6; Setting Lotion, 4 ounces, $6 Finishing Spray, 8 ounces, $5; Revitaliz ing Lotion, 6⅔-ounce ampules, $18.50 Moisturizing Hair Creme, 5 ounces, $6

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The sign: **Libra**
(September 23-October 22)
Element: **Air**



Tactful, accommodating, and sympathet ic, Libras are ideal mediators, seein both sides of the question. A flair for de sign and appreciation for art and beauty are characteristics of this sign. **Chane No. 19** is a classic fragrance that distill pure flattery for Libra. The gracefu **L'Air du Temps** from *Nina Ricci* radi ates fields of flowers. For all three versa tile air signs—Gemini, Libra, and Aquar ius—a splendid fragrance is *Revlon'* **Charlie.** Libra males could decide upo **Zizanie** by *Fragonard,* distributed b *Fabergé.* ■

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We feel that scientific products like ours can best be recommended by a licensed hairstylist. You'll find Bodimer+ in the hands of professionals. Look for it in select beauty salons that use and sell Redken products. If you don't already know such a salon, check your Yellow Pages Telephone Directory. Then, try Bodimer+. And enjoy body so natural you'd swear you were born with it.



REDKEN® AT KNOWLEDGEABLE HAIRSTYLING SALONS



Mrs. Aimée Musich

LIFE INSURANCE FOR YOUR WARDROBE

Step-by-step revival for wool sweaters, how to pack a wrinkle-free suitcase, plus other tips for keeping your clothes in shape

BY PENELOPE W. LINCK

EDITOR'S NOTE: *The best of a vanishing tradition of experts, Mrs. Aimée Musich, a Frenchwoman of great charm and energy, continues to work though she could well rest and let her successful New York restaurateur husband support her. She can wash, iron, sew, and pack suitcases like no one you've ever known; and she is a storehouse of tips to make work easier, the results better. Mrs. Musich has cared for Barbara Hutton and the Duke and Duchess of Windsor among others, and her clients grow to depend on her deft way with their clothes. "They will never have a crease in their sleeves. You and I, yes, but theirs must be perfect," says Mrs. Musich, who learned to sew and do millinery in a convent when she was 7½. In Paris one of her employers sent her to a professional school in the Place Vendôme to learn the intricacies of perfect pressing. Later in Scotland, she watched the women and learned their methods with the famous wool produced there. Mrs. Aimée Musich takes you step-by-step to perfectly washed and ironed woolens, then tells you how to keep them that way. All it takes is a bit more care, some organization, lots of water, towels, tissue paper, and a well-padded ironing board.*

Step-by-step to a perfect sweater

Dissolve soap flakes in hot water. Use pure soap like Lux or Ivory Flakes. Add cold water until the temperature is just tepid. Check sweater for spots—they are hard to see once the sweater is wet—and push under water until soaked. For very pale colored sweaters, add a drop of ammonia to the wash water. It brings back the luster to pale colors, makes whites look whiter.

Wash the sweater very gently, squeezing suds through fibers, never rubbing except very lightly on a spot. Rubbing will fray the yarn. The motion for washing is somewhat like turning sink faucets on and off. Gather the sweater into a ball and squeeze out excess water.

Rinse well in lots of tepid water until all traces of soap have disappeared. Fill sink again and add a little white vinegar —"not much, just ¼ cup or so. You can feel how the vinegar softens the water." Rinse sweater lightly, then rinse again in clear water. The vinegar sets the color as well as brings out the shine and restores life to the fibers and colors. Squeeze the water out of the sweater; do not twist.

A great big table would be helpful for drying, but the floor is a good substitute. Spread sweater flat on a big, clean towel. Press and smooth it out with your hands, blocking it into its proper shape. Roll up the towel. Now that the sweater is protected by the towel, you can twist it—or put it on the floor and walk on it—to remove the moisture. Repeat with fresh,



Squeezing suds through the sweater



Rinsing with white vinegar and clear water

Continued on page 47



"NAPOLEON" Goblet — $8.50 each

For the Bayel brochure, kindly write to EBELING & REUSS CO., West Valley Road, Devon, PA 19333

ontinued from page 44

lry, thirsty towels until the sweater is "just humid." This is very important because the sweater is to be ironed, and if t is still too wet, it will burn.

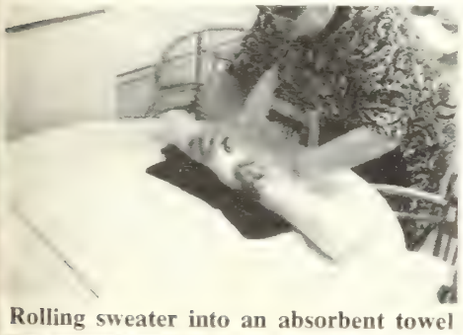
Ironing prevents shrinking. The heat softens the fibers; the sweater will stiffen f not pressed. Turn the sweater inside out. Press with a just-warm iron, "not oo warm, not too cool" carefully. A pressing cloth is not necessary. Block the weater as you go. Turn right side out. ron again, this time with a moist pressng cloth (muslin or voile is good), which vill prevent the fabric from taking on a shine from the iron. Pick off the lint as ou progress.

A Weaver Pres-Mit (Pres-Kloth Co., Omaha, Neb.; about $1.79) will make roning the shoulders and other tough-o-get-at spots easier. It's a small, mitt-haped pad, sturdily stuffed, and covered vith muslin. You can slip it on your nand and so place it where needed and press against it with the iron. Or just lay t on the board. To iron sleeves without crease, roll up a towel and stuff the leeve. Press. You can make a permaent sleeve roll by slipcovering a rolled-up towel with several layers of muslin.

Once ironed, lay sweater out flat on another dry towel. Cover with yet another towel and leave to dry overnight. Sweaters (and other washable woolens) do not shrink when washed this way and will keep their freshness. Even tired-looking sweaters will revive.



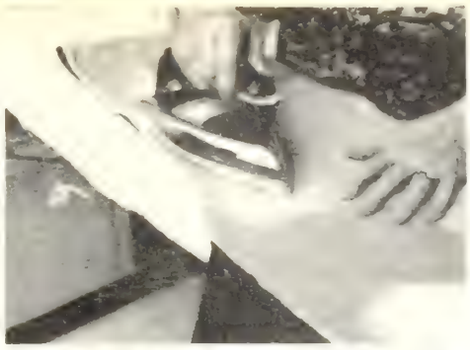
Blocking sweater into shape on a towel



Rolling sweater into an absorbent towel



Twisting water out of sweater into towel



Iron with a pressing cloth on right side

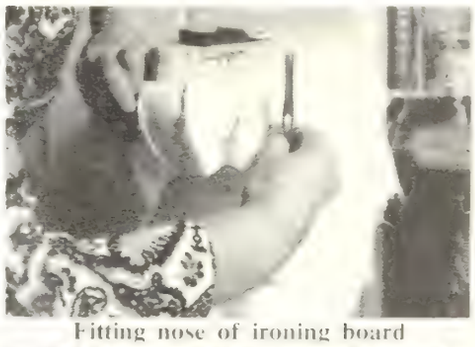


Folding tissue paper into sweater

To cover the ironing board

"The thicker the padding, the better you press," claims Mrs. Musich. She covered her own wooden ironing board this way when she first married and still uses it today, 30 years later.

Pad your ironing board with an old blanket folded in half or thirds so it covers the sides but doesn't hang down. Then cover with one or more layers of cotton flannel. Sew together underneath so they fit smoothly. Make a muslin cover to fit over the flannel, two layers thick. Lay fabric on board and fit around nose by taking darts; pin. Make another dart at each shoulder. Cut off excess fabric. Sew darts (Mrs. Musich does it all by hand), then sew hem all the way around leaving a sleeve to thread a string around the border. Attach two or three sets of lacings across from each other on the long sides for extra tautness.



Fitting nose of ironing board



Underside shows all the layers of padding

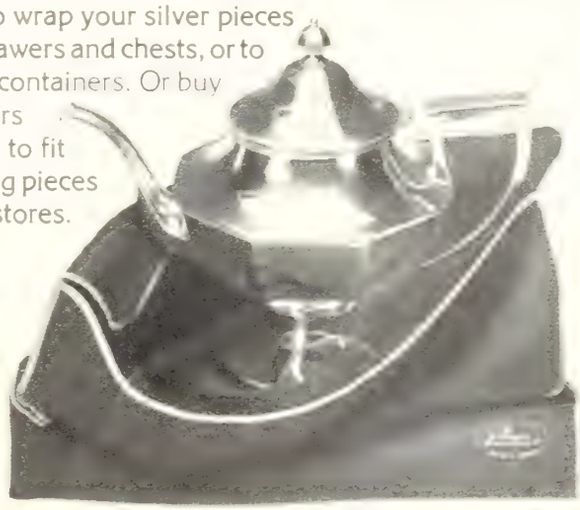
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Insurance for your wardrobe
continued from preceding page

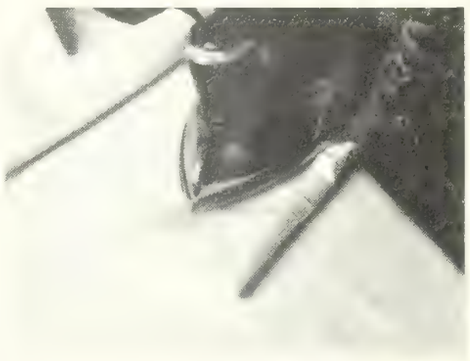
To speed ironing

An iron that slips easily over fabric makes the work easier. Make a *bougie* (candle in French) to keep with your ironing supplies. The iron must have an absolutely clean "face": Scrub iron lightly with steel wool, rinse and dry. Make your *bougie* by cutting a short stubby candle in two and stitch it inside a pocket of muslin. Run a warm iron over it (like waxing skis) and run over paper towels to absorb excess wax. Use the *bougie* any time the iron seems to move slowly.

TITO BARBERIS



Cut fat candle in half to make bougie



Pass warm iron across bougie. Put paper towel between bougie and board

The more layers of padding on the ironing board, the better the pressing

Storing and hanging sweaters

The best way to put sweaters away is to pad them well around the shoulders and body, fold (putting one sheet of tissue paper in the fold), and put them in individual plastic bags. However, Mrs. Musich says "it is easier to hang sweaters in the closet, easy to see, ready to be pulled out in the morning, than having to search through to the bottom of a pile." There is no need to rush out and buy loads of padded hangers, Mrs. Musich points out, but pad the hangers you have with tissue paper.

Continued on page 54

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Take two large sheets of tissue, make a hole in the center of them, and pass the head of the hanger through. Arrange tissue on hanger on a diagonal—one corner mid-front, second mid-back, one corner each out from the shoulders. Lay hanger down and fold paper to fit hanger's shape, folding paper under hanger, then over shoulders, fitting as you go. Fold in the long ends toward the center; fasten each side with rubber bands. More tissue paper stuffed into each sleeve will keep garments just-ironed perfect—a great way to put clothes away for summer storage.



Rubber bands hold tissue padding on hanger

Tips for wrinkle-free packing

"The first rule is not to overload the suitcase. If you have to sit on it to close it, it's too full. It's bad for the luggage as well as bad for clothes."

Begin with a large suitcase and a stack of tissue paper. Line case with paper—four sheets to overhang each edge. Shoes go on the bottom, but preferably in a second case. Sweaters are next—pack the length of the suitcase, not the width—lay each out in the bottom, arms hanging over the front and lid; pad body with tissue, fold in sleeves. Put a sheet of tissue between each garment. To pack an evening dress, for example, crumple two or three sheets along their length and wrap inside another sheet to make a long sausage roll. Slip rolls into sleeves making sure the rolls are longer than the sleeves to leave pads for the shoulders. (The dress looks just like a big doll.) When unpacking, slip hangers under the tissue pads. The sleeve rolls can be slipped out and reused. Lay the dress in the case lengthwise aligning the hem with the narrow end. If the fabric is delicate, crumple another two sheets along their length and place on the skirt along the sides. Fold the skirt edges over them. When fabric is easy-care, a sheet of tissue laid flat on the skirt, then the edges folded in over the tissue, will suffice. For a pleated skirt—"the best is to baste pleats closed, but you don't have time for that"—put a sheet underneath, one inside the skirt, and one on top. Arrange pleats with great care—"it's time consuming, but necessary." The three sheets of tissue will keep pleats in place once you get them right. Coats and suit jackets get an ascot of rolled tissue under the collar or pin the ends under the lapels.

The second rule of packing is not to pack too loosely—the clothes will slide around. Choose the right size suitcase for the amount you want to take and fill it to the top knowing that if you follow Mrs. Musich's methods, the clothes will keep their shape, and there will be no last-minute ironing to do on arrival.



Making a tissue paper roll for sleeves



Stuffing the sleeve with the roll



Padding the body of the dress with paper



Folding skirt of the dress into case

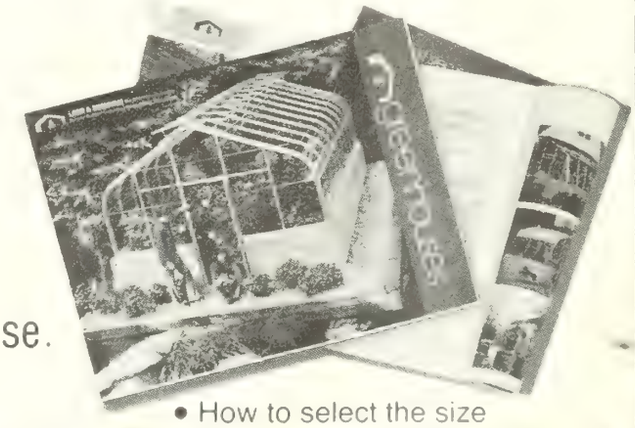


Put a layer of tissue between each garment

Continued on page 56

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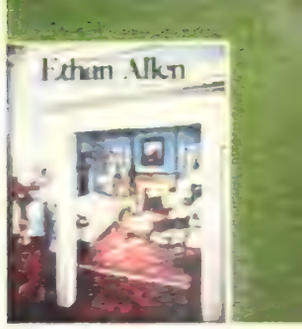


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continued from page 54



Tie tissue ascot under collars



Padding skirt of evening dr

Always pack the suitcase lengthwise, first lining it with four sheets of tissue



Sweaters go in flat

Caring for shoes

Mrs. Musich advises applying Kiwi clear wax with a soft cloth, very thinly. Do not use a brush—eventually the wax will build up and the shoes will not take a shine. Use only clear wax; not the colored ones. Buff with another soft cloth. Wash fabric sandals in a little water with soap and a firm brush. Do not put shoe in water—the glue might loosen. Stuff with paper to dry. For touch-ups, use liquid wax to make sandals look whiter.

In the closet at last

"You must have space so the clothes are not hung like sardines!" They should be hung loosely on the rack to prevent unwanted creases. M Musich keeps her clo covered—from the top bottom. Make long garm bags of plastic or cloth put a few garments in e Tie closed at the bottom the dirt doesn't go up." M Musich washes and waxes closet floors to keep the down. Shoes may also covered with plastic to k them free of dust. She k hers in two drawers of a cl In the summer months esp ally, moth crystals are a ne sity. Put them inside socks not in use, a little in corners of the closets, a spr ling inside the clothing b "They dry the air as well have a nice odor of t own." ■

TIP FOR QUICK CLEANUPS

Use white distilled vinegar for spot cleaning between launderings. Often dirt is just on the surface and will easily lift off when wiped with a cloth soaked in a mild vinegar-water solution. Use on upholstery as well as clothes.



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HOW TO SHOP FOR MONEY

WHEN YOU'RE SHOPPING FOR A HOUSE



BY PAUL GROSS

In addition to conventional financing, here are ways to find funds to buy a house or apartment

One of the many ironies of life is that while owning your own home is considered the American dream, actually buying one often turns into a nightmare. The pity of it all is that buying a home, whether it's a house, condominium, or a cooperative, needn't be as complicated or costly as many people make it.

Part of the problem is that many of us have misdirected priorities. Almost everybody has heard the shopworn phrase: "Buying a house is probably the biggest and best investment you'll ever make." And like most clichés, there's much truth to it. However, it leaves out the other side of the equation: Costs. And that's where most people run into trouble.

Most people would be well advised to spend as much time looking at the financial aspects of home ownership as they do looking for a house. Property taxes, utility costs, moving expenses, insurance premiums, mortgage terms, closing costs, and legal fees can have a very real impact on how you feel about your home. If you get soaked at the time you buy your house or condominium, you probably won't have enough money to fix it up the way you'd like to. And if the monthly payments are a heavy burden, chances are that you'll start resenting your home.

Property taxes and utility costs

As anyone who has ever gone through the exercise knows, the first step in looking for a new home is scouting around for the right area. Generally, most of us look for a pretty area, convenience, good neighborhoods, and efficient services such as police, fire departments, and good schools. The problem, however, is that we pay only cursory attention to what all of this will cost us. Oh, sure, we inquire about property taxes and utility costs to see if we can truly afford to live in that area. But that's only half of the question that should be asked. You should also find out how fast utility bills and property taxes have been rising over the past 5 or 10 years. It turns out that these two basic expenses of home ownership have been rising faster than any other costs. In fact, in some areas people have been precluded from buying a house not because of high prices, but because of skyrocketing utility bills and property taxes.

Moreover, there are things you can do to avoid these problems. Property taxes often vary dramatically from one place to another. If you find that a town you like has painfully high property taxes, check out the towns near it. Chances are that you'll find a few that have substantially lower property taxes. Granted, there may be a reason for that—which also warrants checking out. Sometimes it's simply a matter of less exclusive zoning codes and lower property tax assessments. That's nothing to be concerned about. In other cases, it may be the result of a less costly school system. However, if your children won't be attending that school system, it shouldn't concern you.

Mortgages

Shopping for the right mortgage is every bit as important as shopping for the right place to live. After all, you'll have to live with your mortgage for as long as you live in your home. The trick is to spend a little time and effort looking for the right kind of mortgage financing

Continued on page 62

HOW TO SHOP FOR A MORTGAGE

When you shop for a mortgage, find out about the following items:

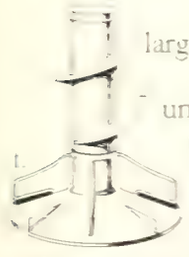
- How much of a down payment will you have to come up with? The less you have to put down, the better off you'll be. After all, why tie up money that could be earning a handsome return for you? What's more, the interest rate you'll be charged is tax deductible. Do note, however, that the more you put down, the lower your interest rate will be—within fairly tight limits. A big down payment might lower the interest rate by ½ of 1 percent.
- Do shop around for the lowest interest rate you can find without having to tie up a lot of money in a heavy down payment. Just ½ of 1 percent can add up to thousands of dollars over the length of the mortgage.
- Find out how long you can take to pay off the mortgage. The longer the mortgage is, the lower your monthly payments will be. Getting the longest possible mortgage makes the most sense if you do not plan to own that home for a long time. Reason: Long-term mortgages are very costly because you pay interest for a longer period of time. However, if you sell within ten years or so, the additional interest costs won't amount to very much.
- Compare closing costs. Closing costs cover items such as title search fees, title insurance (title searches are designed to make sure the property is free and clear of all legal claims such as incidents of ownership of liens), attorneys' fees, appraisal fees, points, escrow fees, recording costs, survey fees, credit reports on you, termite and damage inspections, notary fees, adjustments for items that have been prepaid such as taxes, document preparation fees, and bond costs. Some banks will charge a straight 1 percent of the mortgage, which would work out to a sizable sum if you take out a big mortgage. Other banks will charge a set fee of as little as $150 or $200. Also shop around for an attorney to represent your interests at the closing. Sure the bank has an attorney for closing items. However, its attorney represents only the bank's interests—even though you have to pay his fees. You need an attorney to represent your needs when negotiating with the seller's attorney. Otherwise, the seller will get all the breaks and you may well be left with few, if any, rights of your own. Attorneys are just like banks: Some charge a straight 1 percent to handle closings, while others will charge a flat fee of as little as $200 or so. Above all else, have the attorney read the mortgage contract and explain everything to you in clear, understandable English.
- Watch out for points. Some banks will add points to their basic mortgage

Continued on page 82

Fill 'er up!



The exclusive Kenmore Dual-Action Agitator gets big loads uniformly clean from top to bottom



Ever try washing a really big load in a large-capacity washer with a standard agitator? If so, the chances are you didn't get a uniformly clean wash. Some clothes got trapped on top, never getting *down to the agitator paddles* where the cleaning action is most intense.

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HG—07



How to shop for money
continued from page 58

There is a plethora of choices: Commercial banks, savings and loan associations, savings banks, and the Federal Land Bank mortgage companies can give you a conventional mortgage. (Credit Unions plan to offer mortgages in the near future.) And if you can't quite swing a conventional mortgage because of the heavy down payments required, you can get some help from the Veterans Administration, the Federal Housing Administration, mortgage insurance companies, the person whose home you want to buy, and possibly even the company you work for.

With a conventional mortgage, you can generally get a 25- or 30-year mortgage for 70 to 85 percent of a house's price. Of the three types of financial institutions writing mortgages today, savings and loan associations will probably give you the best deal. They tend to require the lowest down payment, charge a lower interest rate, and give you more time to pay off the mortgage. Savings banks are your next best bet. However, savings banks, which exist in fewer than half the states in the union, are primarily located in the Northeast. Commercial banks usually require the biggest down payment, charge the most interest, and write the shortest mortgages. When credit unions start offering mortgages, they may well give you an even better break than savings and loan associations.

However, as with all rules of thumb, the exception proves the rule. In some areas, a commercial bank may well write a more attractive mortgage than a savings and loan association. That's why shopping around for a mortgage is so vitally important. A difference of just ½ of 1 percent can amount to thousands of dollars over the life of a mortgage. Since banks tend to give their own customers the best terms, you'd be wise to start with the bank you now use. Then compare the mortgage it will give you to what you could get elsewhere. The real-estate brokers you're using to find a new home will probably be able to steer you to banks that offer good mortgages. And be prepared to do some serious negotiating—after all, you'll be paying them interest for their mortgage. So don't be shy about getting your money's worth. Tell them the terms you can get from other banks. What's more, you may even be able to get a bank interested in softening its terms by telling it that you'll do your banking there—if you get the right kind of mortgage.

If you're thinking of buying rural property, consider tapping the Federal Land Bank. While it was set up to provide financing to farmers, it will write mortgages on rural properties—even if they're not farms or ranches. And the

Continued on page 66

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How to shop for money
continued from page 62

terms beat anything around. It will lend as much as $50,000 for up to 33 years at an interest rate that's slightly lower than that of a conventional lender.

Mortgage companies should be looked at as a last resort. While they tend to be more flexible and more willing to take risks than conventional lenders, the price is fairly high. For one thing, the up-front costs can be astronomical when you start adding them up. For another, the interest rates they charge tend to be relatively high.

And chances are that you don't ever really need to use a mortgage company if you plan everything carefully and spend some time and effort looking for a good mortgage that you can live with. Furthermore, the only situation that might require a fast move is if your company transfers you to another place. And even then, it will probably give you plenty of advance notice. But let's assume it doesn't. Let's say this is an emergency and it needs you somewhere else quickly. Assume further that you're having trouble finding a good, affordable mortgage. If that's the case, ask your company either to help you out directly with a low-interest loan or to pull some strings with the bank it normally does business with in that area. Many companies will do things for you without even having to be asked.

What's more, you can get help from the Federal Housing Administration, the Veterans Administration, and private mortgage insurance companies if you have trouble coming up with enough money to make a down payment. (To see if you qualify for mortgage assistance from these two agencies, contact your local FHA or VA office.) They'll guarantee all or part of the mortgage. Since the bank then faces a lower risk, it will let you get a mortgage with a much lower down payment than it would normally require. The Veterans Administration will back up to 100 percent of the mortgage, which in theory, at least, means that you could buy a house without having to put any money down. The Federal Housing Administration, which uses a formula based on appraised values, will guarantee up to $33,000. Moreover, both federal agencies set limits on the interest rates you can be charged. And finally, both allow you to take out a mortgage for a longer period of time.

However, there are some drawbacks. For one thing, many banks are not too eager to write this kind of mortgage because of all the red tape that's involved. For another, many banks that do write VA or FHA mortgages get around the limits on interest rates by charging you points. A point is 1 percent of the amount of the mortgage. So, five points on a

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$50,000 mortgage would come to $2,500 and that's a front-end cost. For example, if you took out a $50,000 mortgage and were charged five points, you would get $47,500. But you'd have to pay for a $50,000 mortgage.

Because VA and FHA mortgages can take as long as six weeks to get—when a bank is willing to write one—many people turn to private mortgage insurance companies like Mortgage Guarantee Insurance Corp.—the biggest and best-known company in the field. In fact, MGIC is so well-known that this type of arrangement has come to be known as "magic money," regardless of which insurance company is involved. And magic it is, because you can use the insurance to get a mortgage of between 90 and 95 percent of the home's appraised value.

The insurance company guarantees what the bank would normally require as a down payment—which allows you to put down much less. And the cost is very reasonable. With MGIC, for example, you'd pay an amount equal to 1 percent of the mortgage at the closing and ¼ of 1 percent of the outstanding balance each year. That doesn't add up to very much, especially when you consider that the insurance is usually carried for just 10 years or so. The total cost of MGIC money for an $80,000 mortgage would come to around $2,800—$800 of which is payable at the closing with the rest paid off in installments of around $200 a year.

There has to be a catch, right? I mean, how on earth can they afford to let you get by with such a low down payment if there wasn't a catch? Well, there isn't a catch. You get exactly what you're paying for. Here's how it all works out. Let's say you want to buy a $100,000 house (it's a nice round figure) and all the banks you've gone to insist on a 25 percent down payment. Assume further that you don't have $25,000 to put down and so you turn to magic money. They go along with it because you seem to be a good credit risk, so all you have to put down is 5 percent of the purchase price—which comes to a mere $5,000. The cost to you is $1,000 right away and about $250 a year for the next ten years.

Now let's look at it from the mortgage insurance company's point of view. What's their risk? Well, it's not really all that great. After all, you have a good credit rating and you've put $5,000 of your own money down. But let's say that something drastic happens and the mortgage goes into default during the first year. How much would the mortgage company be liable for? As it turns out, just $20,000—the part of the down payment requirement it's insured. And each year you pay down the mortgage, the insurance company's potential liability falls accordingly.

If you don't like the kind of mortgages that are available, consider trying to arrange a purchase money mortgage or even an installment sale. A purchase money mortgage is one that's written by the seller of the home—instead of a bank. Your chances of getting a purchase money mortgage are better than average if the house you want to buy is being sold by people who are about to retire. They will be interested in this kind of deal because it will give them a steady stream of income—just like an annuity.

A purchase money mortgage is one of the most flexible ways of financing a home. All of the terms (amount of down payment, interest rate, and length of mortgage) are negotiable. In a typical purchase money mortgage, you might make a down payment of as little as 10 or 15 percent of the purchase price. The mortgage itself might run for ten years

Continued on page 82

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ENCOURAGING HINTS TO HELP YOU

FEEL UP WHEN YOU'RE DOWN



What is the newest treatment for high cholesterol?
Is weight gain usual in older women?
How lovemaking patterns can be changed

BY DR. MARY CATHERINE TYSON

Q Is there a psychological strategy for beating feelings of discouragement?

A Moods run in up-and-down swings. One encouraging point is that down swings are usually limited, and tend to improve of their own accord in a few days. But avoid two "treatments" that only make matters worse. Don't go away for a "change" or a "rest," even if you can manage it. You'll simply take your mood with you. Don't let anyone try to "jolly" you out of it. These approaches don't work because they deny the reality. Here are eight psychological principles that pay off.

1. The show must go on, so play the role. Until you recover your usual confidence pretend that you are on stage. Visualize yourself cheerfully carrying on with your "part." The stimulating effect of this idea will be a surprise to you.

2. Lift your voice. Discouragement makes most people speak in a low, monotonous tone. With a little effort you can animate your conversation and speak more quickly.

3. Move a little faster. Discouragement makes you walk and move sluggishly. Try using your hands more energetically, speed up whatever you're doing.

4. Smile at yourself in the mirror. Another easy addition to the growing image of cheerfulness.

5. Dress up. Revive your face and hair. Like the other hints just mentioned, this gives you something attractive with which to identify. It was William James, the brilliant psychologist, who noticed how the way you look and act affects your mood.

6. Let helping help you. Is there someone you should write to? Send a card or note, a clipping or a paperbook? Alfred Adler the noted psychiatrist realized how encouraging it is to help others.

7. Count your blessings. You know you should do this, but *do* you? The simple pleasures of seeing, hearing, feeling, walking, and speaking, just the absence of pain, are among life's greatest satisfactions. Let your mind dwell on them for a few minutes each day.

8. Be good to yourself. Don't be stopped by that little feeling that it's not really right to pamper yourself. Give yourself something new to wear or a book you hesitated to buy, something tempting but a little expensive in the supermarket. It's hard to believe, perhaps, but many a person discourages himself by being his own strictest, most demanding boss.

Q What's the newest treatment for high cholesterol?

A It's interesting to note that the American Heart Association attributes the reduction of heart attacks in the past 10 years to the increased emphasis and knowledge of the appropriate diet to lower blood cholesterol, i.e. consuming less meat fats, cream, butter, eggs, and alcohol. Cholesterol is a fatty substance present in the blood that in excess can lead to arteriosclerosis, hypertension, heart attacks, and strokes. Aside from dieting, several substances are known to reduce it. Estrogen is one, but little used because of its side effects of feminization and impotence in men. Thyroid has also been found to lower blood cholesterol but unfortunately causes an increase in heart rate and more strain on the heart. Several other medications including nicotinic acid, clofibrate, and cholestyramine, have all been found to have side effects that limit their use. But there is good news about a new cholesterol-reducing agent: Lorelco, which has been passed by the FDA after 12 years of intensive research by Dow Pharmaceutical Company. Its use is not limited by side effects and it reduces all types of high cholesterol blood patterns, some more than others. The chemical name for this agent is probucol. You may want to discuss the use of Lorelco with your doctor if you tend toward being a high-cholesterol type. It will reduce cholesterol usually by 14 to 20 percent. It must be taken continuously to be effective.

Continued on page 76

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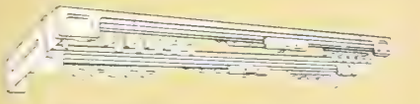
Sears Whisper Glides



Basic traverse rod.
Curtain rod socket at rear.



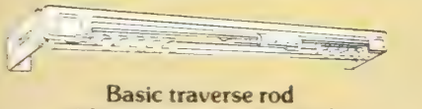
3-in-one rod, for traverse drapery, stationary curtain and valance.



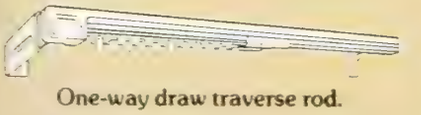
Double traverse rod.



Double traverse with valance rod.



Basic traverse rod with stationary curtain rod.



One-way draw traverse rod.

Sears Exclusive Non-Tilt Carriers

Sears non-tilt plastic carriers are exclusively designed with a long back to keep both draperies and pins hanging straight down.

Sears Exclusive "Draw From Both Ends" Feature

Ah, the convenience of being able to draw your draperies from either side! What's more, your draperies draw on separate tracks so they can't ever jam or catch —and still meet perfectly.

Sears Exclusive 5-Step Protective Finish

To prevent rusting, chipping and peeling, even in the dampest of climates. Also, both inside edges of the tracks are rolled over and Teflon-S® coated, so the carriers always ride smoothly.

Strong Enough to Hold Up the Heaviest Drapery Treatment

Size for size, Sears Whisper Glides are built with more strong-tempered steel than competitively priced rods. No sagging. Adjustable. Lengths to 26 feet. Now at most Sears larger stores and through the catalog.

Whisper Glide Drapery Rods. Only at Sears

© Sears Roebuck and Co 1977

THE RHYME AND REASONS FOR CHOOSING A BEAUTIFU NEW KIND OF FLOOR TILE CALLED GAF® BRITE-BOND.™

GAF®

Call Toll-Free Anytime 800-243-8100 (in Connecticut 1-800-882-6500) for the name of your nearby participating GAF dealer.
Or write: GAF Floor Products, Dept. Z46, Box 1121, Radio City Station, N.Y., N.Y. 10019



An exclusive, new GAF production process gives pattern definition that's nothing short of spectacular. Patterns are clearer. Colors are cleaner.

5,6, Choose from a whole variety of styles in a brilliant palette of decorator colors.

BEAUTIFUL PATTERN PICKS.



Try a little solid creativity. Brite-Bond tiles also come in a variety of rich solid colors. Mix and mo to create exciting geometric designs. Or cover th floor with one overall vibrant color

7,8, **IT'S TIME TO CREATE.**





legant Brite-Bond tile is so simple to put down, 'll make a do-it-yourselfer out of anyone. Just peel lf the backing and press into place. No brushes. No glue. No mess.

1, 2, IT'S A SNAP TO DO.

Brite-Bond tile's no-wax surface resists scuffs, scratches, and most household stains. If desired, heavily trafficked areas can be restored to their original high-gloss shine with a quick application of GAF Brite-Bond Floor Finish.

3, 4, NO WAXING THE FLOOR.





re-Bond tile is versatile. Dazzling in the den. ect in the kitchen or hall. Ideal for kids' rooms. brighten up every room in the house. Family-room? Sunporch? Bathroom? Why not?

9, 10, IN THE KITCHEN OR DEN.

Your beautiful Brite-Bond tile will keep its good looks for years to come. And you'll find the only thing more attractive is the price.

So sit back and enjoy.

11, 12, ENJOY YOURSELVES.



Fabrics to go!

There's no waiting at Calico Corners because our drapery, slipcover & upholstery fabrics are in stock. At savings up to 50%! Why? Because they are designer seconds... but beautiful! We also refer custom labor.

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Hanover, N.J.
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Strafford-Wayne, Pa.
Tulsa, Okla.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

CALICO CORNERS®

continued from page 72

Q Is weight gain normal in women as they grow older?

A Not so many years ago, weight charts all showed that people got heavier as they grew older. And to many, this was entirely normal and to be expected. In *The Menopause Book* (Hawthorn Books, $10) I have said that our outlook has changed with the realization that "normal" is by no means the same as "desirable." By about age forty-five, a woman's rate of metabolism has slowed down. She now needs only about two-thirds as many calories as previously to *maintain* her weight. When she reaches menopause she will experience a further decrease in caloric needs: the 10 to 15 percent her body used to maintain an active reproductive system. There is absolutely no mystery here as to why a woman gains weight at this time. She must readjust her appetite to a new level and that is sometimes difficult—though absolutely vital. Statistics show a direct relationship between obesity and pelvic cancer. As part of a general physical examination, diet should be discussed with your doctor. The overabundance of salt in the average diet can create problems. A moderately low-salt diet contains half a gram of sodium a day. If a diet contains more than two grams of salt (sodium chloride), it is too high. Sodium causes retention of extra fluid in all of the body tissues and it increases the blood volume, thereby also increasing blood pressure. Hormone therapy can affect one's weight, and women on estrogen replacement treatment (recommended for osteoporosis, calcium deficiency in the bones common after menopause) may overeat in the same way that pregnant women do. In addition, estrogen increases water retention and thus increases body weight. You may need to count calories more carefully if you are taking estrogens.

Q Is it true that most c- ples are dissatisfied with th lovemaking activities? I f there is room for impro- ment in my own life but do know where to begin.

A You are not alone. recent survey by Dr. Arth Foster of the Phoenix In- tute in Los Catos, Cal showed that most coup would like to change th lovemaking patterns, and seem afraid to make t changes they want. Althou 73 percent of women and percent of men wanted t initiation of sexual activity be shared equally, in only percent of marriages did t occur. Over 80 percent of t men and women wanted to told that they were loved, h a much smaller percenta actually told their spouses f quently that they loved the

A much more striking s tistic revealed that while percent of people want much hugging and kissing, or about 30 percent reported d ing it. The strange dispar between what married coup would like to do about lo and what they do, seems to caused by fear of deviati from a learned role or ha and also fear of damaging t partner's self-esteem by su gesting alternative activi which might make the partn feel he or she had been a po lover. Lovemaking is a subj one enters into without knov edge. It is supposed to cor naturally, but often does n and people may settle into routine that few know how change. Dr. Foster's surv disclosed misconceptions as what is right and proper usual. For example, one m reported that the things daydreamed about were t "far out," yet the activities felt were "far out" were e gaged in by 93 percent American couples! A bett communication between t couple must be established set up changed patterns lovemaking. The only cour is really to discuss desir openly with your partner.

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans. Material submitted must be accompanied by return postage or a self-addressed stamped envelope.

Please look after this bear thank you

Poor Paddington. Orphaned from his home in darkest Peru—he stowed away to London on a life raft. When a loving family named Brown found him huddled in London's Paddington Station, it was love at first sight. From then on, Paddington's adventures were most intriguing. Paddington Bear has long been loved by children in England.



Each piece shows an episode in Paddington's exciting life, with charming hand-painted detail. Figurines, $27.50 each. 3-piece place setting, $27.50. Other pieces are also available. Adopt a winsome Paddington for the bear lover of your choice. You're sure to get a hug!





PADDINGTON WAITS FOR HIS TRAIN

PADDINGTON IN THE SNOW

Now he comes to America in 11 beautiful Bone China figurines and tableware by Coalport

PADDINGTON & THE MARMALADE

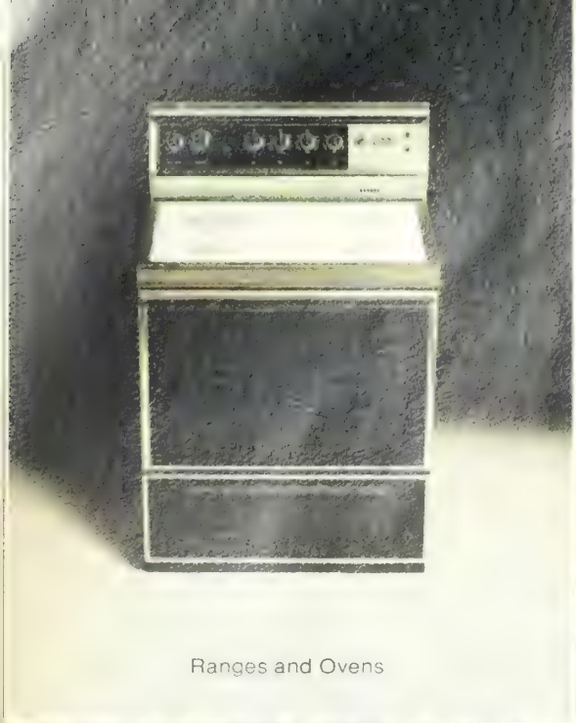
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Fine Bone China
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Ranges and Ovens



Compact Laundry Pair



Microwave Ovens



Refrigerators



Freezers



Washers and Dryers



Room Air Conditioners



Disposers and Trash Masher® Compactors



Dishwashers

The longer you own them, the more beautiful they seem.

Buying a new appliance is a little like having a baby. It's a great experience, but it's only the beginning.

At Whirlpool we believe that once you buy one of our appliances, that, too, is just the beginning.

That's why we start out by building appliances that will last.

And then we offer a little more.

A warranty that's not only easy to understand, but just as easy to use.

A toll free telephone service that's always there to help. Our Cool-Line® service. Try it: You'll see. 800-253-1301. In Michigan: 800-632-2243.

Or our Tech-Care® service. A nationwide service organization people can depend on...it's listed in the Yellow Pages.

A random Call-Back service where we call you to make sure a warranty call or service call has been satisfactory.

We do these things, and we're doing more, because at Whirlpool we believe a company has to think quality before it can ever start to sell it.

And even then, it's only the beginning.

Whirlpool
Home Appliances

We believe quality can be beautiful.

Can you find the recliner in this room?



Upholstered pieces by Berkline feature ZEPEL

If you're sharp, maybe you can find more than one recliner. Maybe you know about Wallaway.

Wallaway is the original, patented Feather-Glide® recliner that sits just a thumb's distance from your wall—or your lamp, or your anything—and thinks it's a chair.

It never has to be dragged, like a recliner.

It comes in a variety of fabrics and vinyls.

Wallaway is the fashionable recliner as much at home in the living room as anywhere else in the house. By now you have probably identified the two chairs by the wall as Wallaways.

So you'll have to look twice to find them in furniture showrooms. But do it. See Wallaway, the recliner that thinks it's a chair.

Wallaway® by BERKLINE®

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Decor:
Pottery, Delft;
Greenery:
Begonia, Exotic
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"NIGHT FASHIONS"
The Burlington Design Studio channels you into your own quiet evening on "The Lake." Your thoughts run free on this fluid scenic surrounded by plush greenery and deserted islands. Percale sheets and pillowcases are of 50% cotton and 50% Kodel polyester. Bedspread and towels accompany the journey. Burlington. So much to trust. Available at fine stores everywhere. For the store nearest you, call toll-free anytime 800-243-6000 (in Conn. call 1-800-882-6500).
"The Lake" by The Burlington Design Studio
Activity:
Artistic;
Medium:
Petit Point;
Design: Her Own
KODEL
Burlington
BURLINGTON DOMESTICS, A DIVISION OF BURLINGTON INDUSTRIES, INC., NEW YORK, N.Y. 10019

HANDY IDEAS FROM BIG RED™

A handy man to have around the house.

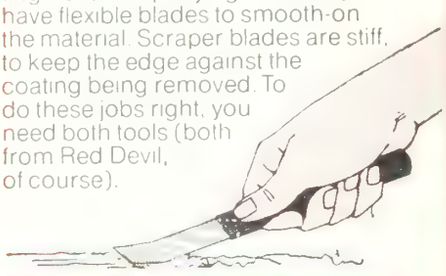


More home fix-up tips from the pro.

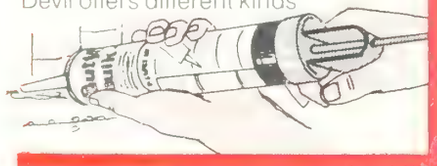
Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall.



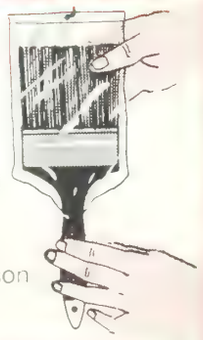
A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course).



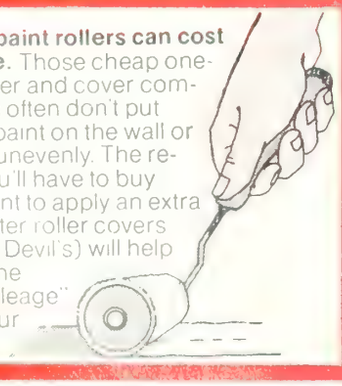
Caulk is caulk is caulk? Wrong! Latex or acrylic latex caulk provide excellent durability (especially when painted) and easy clean-up for most uses, but you'll need butyl caulk for the water resistance required at or below ground level. Different caulks for different jobs, that's why Red Devil offers different kinds.



Bag your paint brush. Don't throw away the plastic cover when you buy a new paint brush. It'll keep the brush dust-free and in perfect shape between uses. Red Devil brushes come with re-sealable covers for just that reason.



Bargain paint rollers can cost you more. Those cheap one-piece roller and cover combinations often don't put enough paint on the wall or put it on unevenly. The results? You'll have to buy more paint to apply an extra coat. Better roller covers (like Red Devil's) will help you get the most "mileage" out of your paint.



Stud finders are un-holey. When hanging pictures on a freshly painted or papered wall, don't fill it with holes before you find the wood behind it. Use a Red Devil Stud Finder. It points out where nails are—and where there are nails, there are studs.



Red Devil has hundreds of things to make your home fix-up easier. Look for them wherever you shop for home-care products. And for best results, always follow directions on the package.

Red Devil®

Union, N.J. 07083

How to shop for money
continued from page 68

or so. However, the payments you make each month would probably be geared to a 20- or 25-year amortization schedule. That means your payments will be as low as those you would make on a 20- or 25-year mortgage. At the end of ten years, you would either have to renegotiate the mortgage with the seller or come up with another financing scheme. Finding a good mortgage at that point should be fairly easy because you will have built up a lot of equity in your home and hence probably won't have to come up with a down payment.

Alternatively, you might try arranging an installment purchase. As its name implies you buy the house in installments. Your odds of getting an installment purchase are pretty good if the seller is interested in spreading the gain and hence the taxes on the sale over a number of years.

An installment purchase is almost as negotiable as a purchase money mortgage. Generally you can count on getting a fairly low interest rate. Someone who's selling on the installment plan for tax reasons will probably shy away from a high, taxable interest rate. What's more, if the seller is primarily concerned with spreading his or her taxable gain on the sale over a number of years, you may get as much as ten or fifteen years in which to pay off the purchase. You do, however, have to follow some Internal Revenue Service guidelines. For example, payments in the first year of the purchase cannot exceed 30 percent of the purchase price. You have to pay an interest rate of at least 6 percent. And everything has to be spelled out in writing.

How to shop for a mortgage
continued from page 58

charge because they are prohibited from charging you a higher interest rate. Most states have interest rate ceilings. And the Veterans Administration as well as the Federal Housing Administration limits the amount of interest you can be charged on mortgages that they guarantee. To get around this, banks often charge you points.

- If interest rates are high when you take out your mortgage, check into whether there are any prepayment penalties—which would penalize you if you tried to refinance your mortgage when interest rates fall.
- Also find out whether or not you have to buy title insurance, homeowner's insurance, and mortgage insurance through the bank that writes the mortgage. If you are locked into this type of arrangement, you will not be able to shop around for possibly less costly insurance plans. ■

Our best salesman shows up in your mail once a month.

A high utility bill is one of your best reasons to check out today's new, energy-efficient gas appliances. They use up to 50% less gas than the ones offered just five years ago, saving you money... and precious energy. Gas has always been the most efficient energy for the big household jobs of home heating, cooking, heating water and drying clothes. And, with utility bills going higher, gas and new gas appliances are a better choice today than ever before.



Does the cost of staying warm give you chills?

A new, energy-efficient gas heating system can heat the same amount of space as older systems with up to 20% less gas... enough, in fact, to take care of your total energy needs for cooking and drying clothes. They're quiet, clean, compact, long-lasting and have pilotless ignition.



Now there's really something to sing about in the shower.

Did you know the average family uses 26,000 gallons of hot water a year? That's a lot of water... also, a lot of money and energy. You can save both with a new, energy-efficient gas water heater. Compared to older models, these new heaters heat the same amount of water with up to a third less gas.

Only sunshine is more efficient.

Today's new energy-efficient gas dryers can cut your use of gas for drying clothes by 25%. They have pilotless ignition, automatic shut-off when clothes are dry, and multiple temperature settings for all types of fabrics.



The pilot light went out... for good!

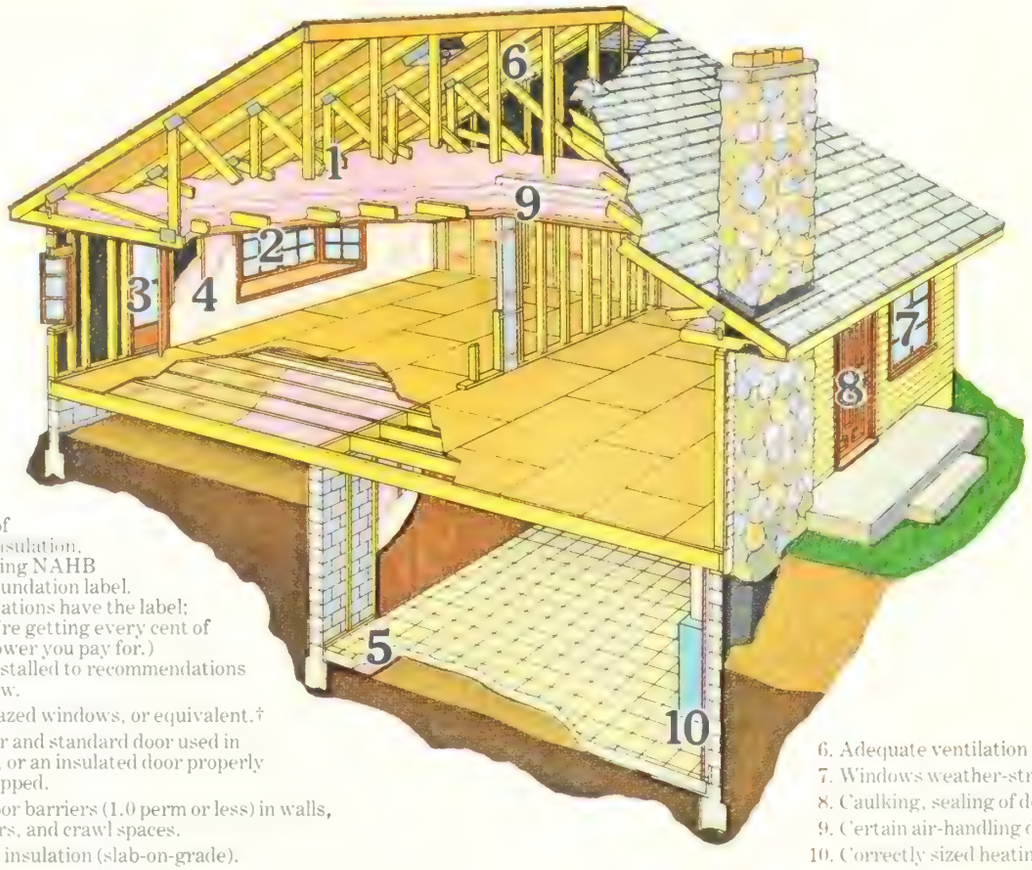
Pilotless ignition is just one reason many new gas ranges use up to one-half less gas than older models and cost on average far less to operate. They also feature instant on and off, super fast heat control, multiple temperature settings, ovens that clean themselves and smokeless closed-door broiling.



Conserving energy is a national concern... saving money, a personal one. New gas appliances do both, and that's why we say:

New Gas Appliances are good for your economy!

Gama
GAS APPLIANCE MANUFACTURERS ASSOCIATION



1. Blankets of Fiberglas® insulation, with reassuring NAHB Research Foundation label. (Not all insulations have the label; it shows you're getting every cent of insulating power you pay for.) Insulation installed to recommendations on map, below.
2. Double-glazed windows, or equivalent.†
3. Storm door and standard door used in combination, or an insulated door properly weather-stripped.
4. Use of vapor barriers (1.0 perm or less) in walls, ceilings, floors, and crawl spaces.
5. Perimeter insulation (slab-on-grade).
6. Adequate ventilation of air and moisture.
7. Windows weather-stripped.
8. Caulking, sealing of doors, chimneys, etc.
9. Certain air-handling ducts insulated.
10. Correctly sized heating/cooling plant.

Show this ad to your builder. It could save you thousands on future heating and cooling costs.

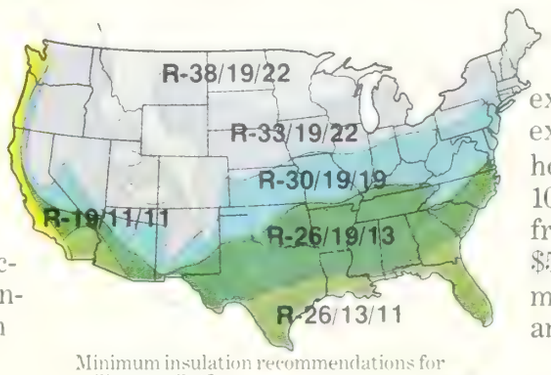
Announcing the energy-efficient home

Here it is—an answer to one of the biggest problems of our times.

That house above is no particular *style*. It can be a ranch, contemporary, or any other design you might want.

But it's a complete *system* for saving energy—and fuel bills.

The thermal experts at America's leading manufacturer of insulation, Owens-Corning Fiberglas, have developed it, based on experiments of the last decade.



Minimum insulation recommendations for ceilings/walls/floors.

Right now, such energy-efficient homes are being tested *and metered* to determine the exact size of savings you can expect. All indications are that homes built to Owens-Corning's 10-point specs could save you from $1,000 to as much as $5,000* over the life of your mortgage, depending on where and how you live.

And construction costs can be comparable to those of conventional housing!

Take the first step toward an economical, energy-efficient home now. Show this advertisement to your builder.

‡Reg. T.M. O.-C.F.

[illegible] to a 1,000-sq.-ft. uninsulated attic; 7% yearly [illegible]

© Copyright 1977 O.-C.F.

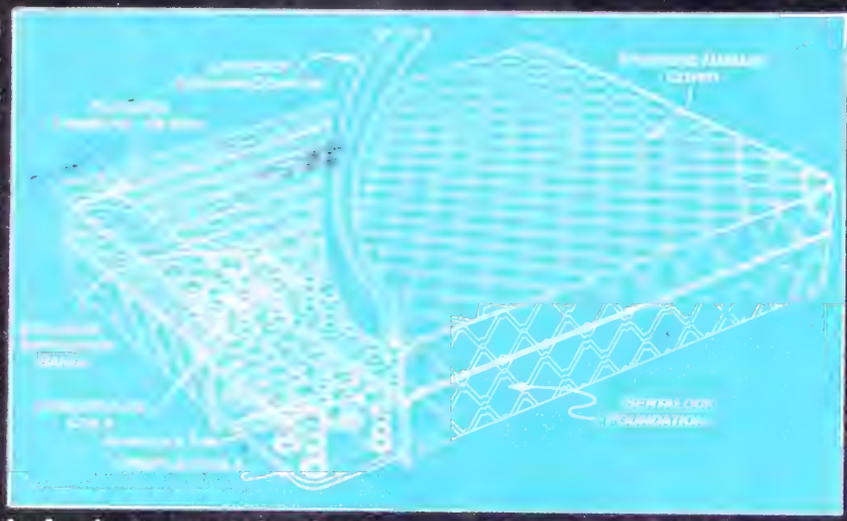
Owens-Corning is Fiberglas

OWENS/CORNING FIBERGLAS

We've just built a better bed.

Never before has Serta put so much comfort into so firm a mattress and foundation.

Now you'll find just the right number of our famous Synchroflex coils that add to our finely-tuned support system. The result—your back gets the firm support it needs.



We've put in more of our exclusive Sertaliner bands for better weight distribution. They create more structural integrity in the mattress, and yet permit each coil to respond separately as a coil.

We extended our TwinEdge® design border-to-border, edge-to-edge. Our reinforced, interlocking system delivers up to 20% more sleeping space.

We designed a new SertaLock foundation, too. It features our newly-developed Omni-Flex coils secured to the exclusive new Serta SpanLock top. These elements of the new SertaLock foundation combine to lock together and bring a new degree of firmness and support that perfectly complements our new Perfect Sleeper mattress.

The final touch—a rich, quilted damask over luxurious upholstery gives that extra "touch of comfort." It makes buying your new Perfect Sleeper a very comfortable decision indeed.

Now you can sleep a better sleep.



Serta®

The New Perfect Sleeper®

We've just built a better bed.

Serta, Inc. Chicago, Ill

BY LIZA WICK

CLEANUPS AND CHECKUPS THAT HELP YOU SAVE HOUSEHOLD ENERGY

Keeping the big energy users—heating and cooling systems and ovens, refrigerators, washers, driers—in tiptop operating condition may be the easiest way to save both energy and money. How do you go about it? Here are some tips and recommendations from the U.S. Dept. of Agriculture, the Federal Energy Administration, Edison Electric Institute, and the Dept. of Housing and Urban Development, among others.

In energy saving, maintenance matters. For example, even the thinnest layer of dust on lampshades and bulbs absorbs enough light to cut energy efficiency by 50 percent. Much of the cleaning and checking you can do yourself. But heating and cooling systems especially should be checked periodically by a serviceman. The manufacturer of your appliance or system may recommend a particular company—if not, consult your Yellow Pages.

Ovens, refrigerators, washers and driers use 20 to 30 percent of the energy in the home all year. Here are checkpoints to add to your regular cleaning schedule—and things to consider if you're shopping for new appliances.

Periodically check and clean the gasket around your oven door—if it's worn or spongy, heat escapes. Dirt and grease buildup wastes heat, too, and can cause a smoking oven—try to clean once a month, and don't forget the gas holes in your range burner. The Association of Home Appliance Manufacturers recommends a piece of stiff wire to unclog them. In a self-cleaning oven, the extra insulation required can mean energy efficiency, if you use the feature sparingly. An oven pilot light accounts for 50 percent of the gas used by the appliance, so look for new models with an "electric igniter" to eliminate fuel waste.

To keep the motor on your refrigerator from running too long, you should vacuum the motor housing, grill, and coils every 3 months, or wipe them with an ammonia-soaked cloth, according to the Edison Electric Institute. Remember to leave air circulation space around the condenser.

Keep the seal around your refrigerator door clean. If you can easily pull a dollar bill out from the edge of the closed door, the seal is worn and should be replaced by a repairman.

Although self-defrosting models are energy-expensive (they use 55 to 60 percent more than a manual; cycle-defrost require 17 percent more), if you let frost build up more than ¼ inch on a manual model, the appliance runs less efficiently and may use just as much energy. Also investigate models with separate "anti-condensation" switches; you can turn them off in less humid weather to save a considerable amount of energy and rest the refrigerator.

If your dishwasher has an energy-saving switch, use it whenever possible, or simply let dishes air dry—you'll save 20 to 40 percent of the energy normally used. Regularly clean the filter screen and pump, and check the water hose from time to time to make sure it's not twisted.

The lint screens in both washer and drier need cleaning after every load, and the outside drier vent monthly. Vacuum lint from the motor housing 3 to 4 times per year. EEI suggests placing the drier in a warm area of the house to reduce "heating up" time.

The Federal Energy Administration and U.S. Dept. of Agriculture attribute 15 percent of your total home-energy bill to your **hot-water heater.** Careful attention will keep it running conservatively. Twice a year, or monthly if you live in an area with heavy mineral deposits in the water, drain one bucket of water from the storage tank to remove any sediment. Insulating your tank and pipes is a good idea, too, and there are kits available (about $20) with complete materials and instructions for the job, which may vary according to climate.

To pare costs and prolong the life of your tank, reduce the water temperature from 150° to 120° if you don't have a dishwasher—this step could save 9 percent, or $5 to $45 annually. A flow restrictor, available at plumbing-supply stores, is easy to install in the pipe at a showerhead or faucet and cuts water flow—and the amount you need to heat—from the average 7 to 10 gallons per minute to a frugal 4, adequate for most needs. Once a year, call a serviceman to de-lime the tank (more often if there are heavy mineral deposits). He should also adjust the damper (for gas and oil systems), adjust the burner and clean burner surfaces (oil), and check electrodes (electric). *(Continued on page 88)*

Budget-wise hardwood flooring? It makes sense.

For 50¢, we'll send you colorful facts about Bruce, the hardwood flooring with beauty and brains.

It's no secret. Bruce's easy-care hardwood flooring is not only beautiful, it's sensible. Color and wax are baked in at the factory for a rugged finish that'll last the life of your home. And since it's glue-down, you can install it yourself. See how the spectrum of Bruce shades and patterns will complement your home. Mail this coupon and 50¢ for our color brochure. It'll floor you!

Bruce Hardwood Floors



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Enclosed is 50¢ for Bruce's color brochure on today's hardwood flooring.

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You get juicier, tastier meats in an oven that cooks with fresh air. The Jenn-Air Convection Oven.

Now an open-fire, open-air taste comes to oven-roasted meats. Meats with a caramel brown coating that traps rich juices inside. Meats that are juicier, tastier, because they're cooked in a whirl of hot, fresh air. Only Jenn-Air gives you the oven that is actually two ovens in one. Just flick a switch and the conventional oven becomes a professional-type convection oven that cooks meats quicker, at lower temperatures.

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continued from page 86

No matter what type of **heat distribution system** you have, there are simple steps you can take to keep it working efficiently.

To keep water circulating smoothly in a hot-water heating system, once or twice a year hold a cup or bucket under the radiator outlet, turn the valve or key, and bleed air from the system—but don't drain the water! A lining of foil behind the radiator or register reflects heat into a room, and aluminum paint can increase heat transfer by 25 percent over regular paint. Vacuum the radiators and registers regularly—a layer of dust acts as an insulator, making the system work harder with poorer results.

For a forced hot-air heating system, the registers need vacuuming every two weeks, and a professional will demonstrate how to check the fan blade once a year; also how to clean or replace the inexpensive filters—do this every 30 to 60 days for peak performance. You should check for duct leaks each fall—if you see a split in the duct or feel air escaping, repair the leak with quality duct tape, available at hardware stores.

If you rely on steam heat, every three weeks drain a bucket of water from the boiler to avoid sediment buildup—it insulates the water from the source of heat, making the system sluggish and inefficient. Surging or rumbling water in the boiler gauge—you'll be able to hear it clearly—means a quick call to the specialist, who should, in any case, come by each year, fall or spring, to check the burner and water system in the boiler. He will recommend that you insulate steam pipes running through spaces you don't want to heat, (attic, crawl spaces, garage), an easy operation calling for 2-inch-thick duct wrap or ordinary mineral fiber batts and duct tape. Precut sections of pipe insulation are also available.

Now is the time to consider a service contract with a company for annual inspection of your heating and cooling systems and insurance against repairs of most components. In northern U.S. homes, space heating accounts for 75 percent of all energy used, and an average checkup fee of $25 could reduce your home's fuel consumption by 10 percent—a possible $25 to $65 saving. Remember that turning your thermostat back 6° all day saves 15 to 20 percent, and 3° is a 10 percent cut in your fuel bill. Many clock-timers on the market now are easy to install and will do this for you automatically.

Each fall, for an **oil burner,** a heating specialist should adjust and clean the burner unit (heating elements and surface); check and clean electrical connections, especially safety devices; check oil (circulator) pump, inspect for oil leaks, change oil and air filters, and oil burner nozzle; adjust fuel-to-air ratio (dampers and draft regulator); check

Continued on page 90

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KitchenAid®
People say it's the best.

continued from page 88

flue outlet; clean and adjust house thermostat contacts—remove dust, check accuracy—if it's off even 1°, that can affect your fuel bill by 3 percent.

Before he leaves, make sure he administers a Draft Test, to see if heat is being lost up the chimney, or if draft is enough to properly burn the oil; a Smoke Test, to see if oil is being burned cleanly and completely; a CO_2 Test, to see if fuel is being burned completely; a Stack Temperature Test, to see if stack gases are too hot—or not hot enough.

If you have a **gas furnace** (LP, bottled, or natural), check the pilot light regularly for a clean, blue flame—if you suspect trouble, call a serviceman immediately. Once a year, have your specialist clean the sensing unit and clean and adjust thermostat contacts, so the system won't have to work overtime. Every three years, a professional should check operation of the main gas valve, pressure regulator, safety control valve; adjust primary air supply nozzle for proper combustion, and give Draft and Stack Temperature tests.

For those of you with **coal furnaces**, have a specialist adjust and clean the stoker, clean burner of all coal ash and clinkers, oil the inside of coal screw and hopper to prevent rust—at the end of each heating season.

An **electric furnace** requires very little maintenance, but follow the manufacturer's recommendations and specifications for your particular model.

Whether you install central air conditioning or room units, your **cooling system** calls for just as much care as heating, from both you and your professional. Keep the condenser (outside portion) of your room air conditioner shaded and clean, and attend to monthly filter washing or replacement, depending on the unit. Every other year, have it completely serviced, for about $20.

Clean or replace air filters in your central system every 30 to 60 days, clear dust, vines, and grass clippings from the condenser coils, and check regularly for dirt around vents and ducts—call a specialist if you suspect a problem. Setting the temperature at 78° rather than 72° can cut costs 30 to 47 percent—have the professional verify thermostat accuracy when he arrives each spring to check pulley belt tension, check electrical connections, and measure electrical current drawn by the compressor. Your serviceman should also oil bearings on fan and compressor (if not sealed), readjust dampers—(different settings are usually required if a/c uses the same ducts as heating system)—check for refrigerating fluid leaks, add fluid if necessary, flush evaporator drain line. The cost might be about $35 for a high return on fuel economy and lowered summer bills. Every five years, a specialist should run through a more thorough inspection and tune-up to insure long life for your system. ■

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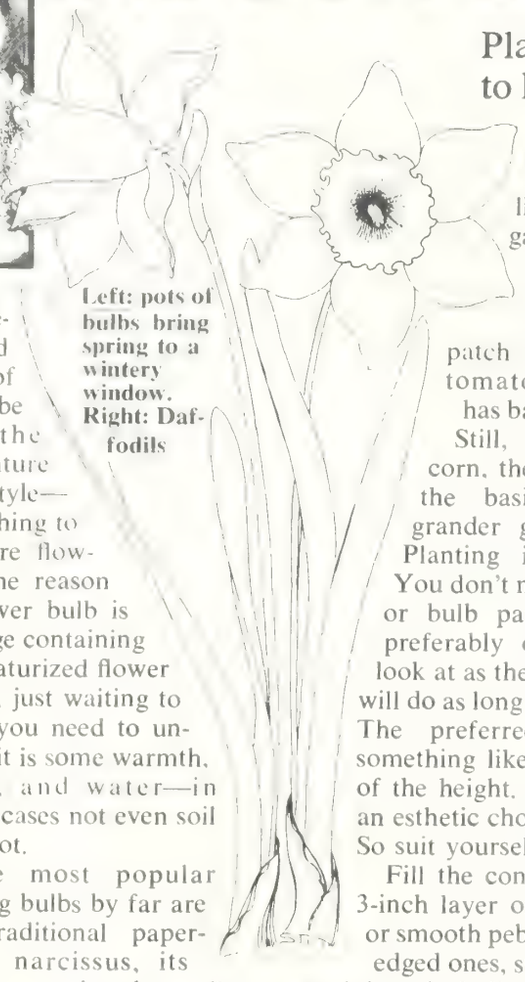
PLANTS AROUND THE HOUSE

HOW TO BRIGHTEN UP YOUR HOUSE WITH AN

INDOOR BULB GARDEN

Planting bulbs is simplicity itself and a great way to have color and fragrance indoors in winter

BY RICHARD LANGER



Left: pots of bulbs bring spring to a wintery window. Right: Daffodils

In this prepackaged and disposable age of ours, bulbs may be considered the closest match nature has to our lifestyle—and the closest thing to sure-fire, low-care flowers available. The reason is that each flower bulb is actually a package containing a complete miniaturized flower and plant inside, just waiting to be opened. All you need to unwrap it is some warmth, light, and water—in many cases not even soil or a pot.



The most popular forcing bulbs by far are the traditional paperwhite narcissus, its kissing cousin the yellow *soleil d'or*, and the fragrant hyacinth. But to limit your indoor bulb garden to these, no matter how striking they may be, is like having a vegetable patch with just corn and tomatoes—the potential has barely been scratched. Still, like tomatoes and corn, these tender bulbs are the basics around which grander gardens are grown. Planting is simplicity itself. You don't need any special pots or bulb pans. Any container, preferably one as pleasant to look at as the flowers themselves, will do as long as it will hold water. The preferred dimensions are something like a width twice that of the height. But this is as much an esthetic choice as anything else. So suit yourself.

Fill the container with about a 3-inch layer of pebbles. Rounded or smooth pebbles are best. Sharp-edged ones, such as marble chips, may injure the bulbs. Set the bulbs on top of the gravel, bulb plate down. (The plate is the bottom, flat part of the bulb, the part that always gives you trouble when slicing an onion.) Now add water till it barely touches the bulb plate. The bulb itself should never really sit in water or it will rot. Fill in some more gravel around the bulbs until they are two-thirds covered. This will keep them steady until the roots have developed a firm grasp on things. Keep bulbs in a cool (around 60 degrees) dark place. If you don't have a basement, putting the planter next to a north window will usually keep things at close to the proper temperature. Cover the pot to keep the bulbs in the dark. Another solution is to put the pot, covered by a plastic bag punched full of air holes, in the vegetable crisper of your refrigerator for the 2 to 3 weeks it takes for the roots to develop. The light going on when you open the refrigerator door will not throw off the bulbs' development.

Once roots have formed, take the pot, gradually step by step, to warmer, brighter climes. Evaporation will be much more rapid once the plants are in that sunny location, so check the water daily. But when you refill, keep the bulbs themselves above the water level.





Above: Caladiums add zest to Alan Boehmer's collection. Above left: Blood lily in bloom

3 TROPICAL FLOWERS TO GIVE YOU A SUNSHINE FEELING WHEN IT'S COLD OUTSIDE

Most tropical bulbs, unlike their temperate counterparts, are grown one to a pot. The reason is their size. As with so many tropical growing things, they are large. This, however, doesn't mean their pots should be large, too. Things are pretty crowded in the jungle, and most of these plants flower best when potbound. As a standard rule of thumb, the maximum space between the edge of the bulb and the edge of the pot should not exceed 2 inches.

The blood lily *(Haemanthus katharinae)* has the unusual quality— a most favorable one for a bulb—of keeping its green foliage all year-round. Flowering usually from spring into August, it bears a spectacular compound head of up to fifty small starlike salmon flowers with protruding red stamens. Growing in soil, *Haemathus* needs more or less the same care as your other house plants, including a regular routine of fertilizing. After the plant has flowered, you should use a fertilizer low in nitrogen and high in potash and phosphorus to strengthen the bulb for the next year's flowering. By early winter the plant will be dormant, with no new growth developing At this stage it likes things cool, 50 to 60 degrees at night, so place it close to a window. Cut back your watering to the point where the soil is just not quite dry. Come spring, start the regular water-and-fertilizer routine once more.

The calla lily *(Zantedeschia aethiopica)* is not really a bulb, but rather a tuber. For most horticultural purposes, however, bulbs and tubers can be treated alike, and the calla lily has a *(Continued on page 94)*

The classic amaryllis

The amaryllis, with its trumpet-like flowers, is a stunning masterpiece in every respect but understatement—and perhaps price, since it is one of the dearer bulbs to buy. Actually, due to the usual mixup in popular versus proper plant names, your amaryllis won't be an amaryllis at all, but a *Hippeastrum*. The true amaryllis, *Amaryllis belladonna*, has a solid flower stalk; the misnamed florist's amaryllis, a hollow one Cut the stalk on yours sometime to check—if you dare.

Names aside, the plant is easy to care for and it flower eagerly, as long as its environs are consistently warm. Th bulbs are usually rested from August to October, the latte month also being the right time to plant them for Christma blooms. To force an amaryllis bulb for the holidays, plant i in a good rich soil mix to which half (Continued on page 94

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GENERAL ELECTRIC

Tropical flowers
continued from page 92

real plus, for it's one of the few houseplants that is impossible to overwater. Being a member of the family that also includes the illustrious northern heralder of spring, the skunk cabbage, the calla lily likes things positively swampy. Besides a copious supply of water, the plant needs good sunlight, warmth, and a regular supply of fertilizer to produce the familiar white flowers. (Actually the flowers are the tiny yellow things that grow on the long pencil-like spadix rising from the bloom's center, but most of us call the whole affair "the flower.")

The plant blooms in winter and spring when the greenery is 2 to 4 feet tall. *Z. Elliottiana*, the golden calla lily, shows in summer and *Z. Rehmannii*, the rose calla lily, in late summer to fall. Between the three of them, you'll always have something to go on in your pots.

Like the calla lily, caladiums are grown from tubers, and they take much the same care though their swamp need is for less water. Their almost translucent leaves scorch easily in direct sun, and air conditioning or drafts will put them into a palpitating frenzy. Other than that, they are pretty durable despite their fragile look. Plant the tubers from February to April in 5-inch pots, covering them with an inch-thick blanket of standard potting mix to which has been added an extra handful of peat moss. Keep the soil barely moist until the plants have leafed out, then give them plenty of water.

Caladiums will die down for the winter during which time they can be left simply dried out and neglected. Come spring and a bit of water again, the shunned pots will be graced with yet another round of the caladium's strikingly marvelous foliage.

Classic amaryllis
continued from page 92

a tablespoonful of steamed bone meal has been added. Use a clay pot where possible (I've seen the bulbs split a plastic pot as they grew), letting the upper third of the bulb peep out of the soil. Drench with tepid water after planting by submerging in a sinkful or a bowl of water for 2 minutes. This will settle in the bulb well without the kind of bruising that may occur if you try to pack the soil down by hand.

Keep the pot in a dimly lit place with temperatures around 70 degrees. And don't let the soil dry out. Once a flower scape reaches a height of 4 to 6 inches, move the plant gradually into brighter light, begin fertilizing, and water more often—but make sure the pot doesn't stand in leftover water. When an amaryllis flower has faded, pinch off the plant's top. A couple of days later, cut the cape off at the base, leaving only the leaves to grow. Continue to water. The greenery will wilt back during the summer, having served its purpose of energizing the bulb for next year's growth. ■

Bulb sources

De Jager Bulbs, Inc.
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John Scheepers, Inc.
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New York, N.Y. 10005

Van Bourgondien Bros.
P.O. Box A
245 Farmingdale Road
Babylon, N.Y. 11702

Geo. W. Park Seed Co., Inc.
Greenwood, S.C. 29647

C.A. Cruickshank
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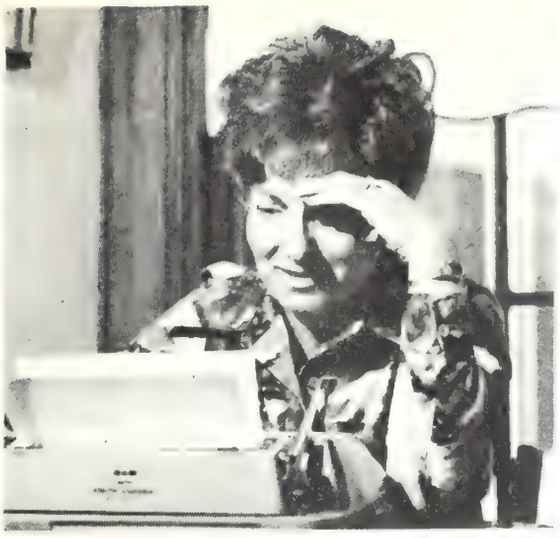


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"My hand became so rough and raw...I was about to call a doctor"..

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Gentlemen:

I am not an Arctic fisherman nor a Japanese pottery maker. I am a Massachusetts housewife whose right hand was paralyzed by a virus the end of last summer. Needless to say, over the past seven months I have been forced to use my left hand almost exclusively. My hand became so rough and raw with cracks, bleeding, etc., that I was about to call a skin doctor last week when I decided to give your product a try. I figured I'd be conned by a good advertising campaign one more time. Now -- HERE COMES MY FIRST UNSOLICITED TESTIMONIAL -- TA DA -- AND A DRUM ROLL!

Last Thursday night I purchased Neutrogena Hand Cream at my local drug store. I used it that night, each night since as well as during the day, with a cotton glove and one of my husband's white terrycloth socks over that to keep in the warmth. We noticed an improvement in one day and by Saturday the cracks had started to heal. Today is just one week. I can touch double knits without my skin snagging them -- the dark discoloration which was imbedded in every crack is disappearing as new, soft skin takes its place; my hand doesn't hurt any more; my husband and kids will hold it without saying yuk and gross, respectively and I'm not ashamed to have anyone see it.

I've always had dry, sensitive skin on my hands especially during the winter months and I have tried just about every product on the market with limited success. (But I can heartily recommend your product and will because it does exactly as it advertises.)

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Billie Williams



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Form 3822 Printed in U.S.A.

FOR THE HOUSE FIXER

Stopping drafts saving energy

BY DEANNE RAFFEL

Since the energy crunch took its toll last year in the form of shortages and hefty heating bills, try to keep a few steps ahead of the oilman and the utilities this fall by doing some preventive maintenance. Working with most kinds of insulation is a messy, dusty, and itchy job. Always wear protective clothing over your entire body when coming into contact with it. Remember to add a hat or scarf, goggles, and a mask when securing it lying down, in a confined space.

If your house has a crawl space under it, it should be insulated to ensure that the floor above will stay warm. Staple insulation between the joists. Lay plastic sheeting over the dirt floor and place insulation well up into the space between the wall studs. Many people are not aware that crawl spaces have some type of ventilation openings. During the colder days of the year, they should be sealed tight. Installing small adjustable vents that can be controlled from the exterior will keep the winds out.

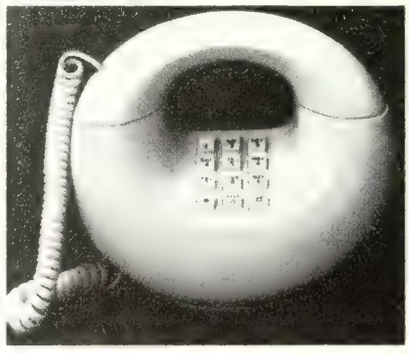
Basement windows can be areas of heat loss, since most of them are only primary windows. Use wide tape to attach sheet plastic over the glass and adjacent areas. While you are down in the basement, look at places where there are openings in the foundation or walls—around the dryer vent, water pipes leading to outside faucets, etc. It is a good idea to caulk the small space around them. Not only can the cold come in but in the summertime, they are an invitation for bugs to enter.

The basement door is another breezy spot. Any type of weatherstripping applied to either the jamb or door should stop the cold from seeping in. Do not forget the space beneath the door, too—a felt strip nailed near the bottom on the inside will bridge the gap. Examine all of the doors to the house, also—they may require weather-stripping.

Prior to the beginning of the heating season, clean the radiators (including baseboard radiation). Use the crevice tool of the vacuum to suck up the dust, next reverse the hose connection and blow air into areas that the tool could not reach, then replace the hose and revacuum. Slip a sheet of tin behind cast-iron radiators (the size should be almost as large as the radiator dimensions). Heat will bounce off the metal surface and give added warmth. If you have a fireplace, check the damper. See that it closes tightly when a fire is not burning. If there is a hole in it, have it replaced.

Finally, don't forget an attic ceiling, too, needs protection from drafts. Use batts or blankets, rigid insulation board, or loose fill, granulated insulation.

Speak easy



The Sculptural, a telephone in white, yellow, brown, is one model in the Bell System's new Design Line. New Custom Calling Services are available also. Call Forwarding lets you program your phone to transfer automatically an incoming call to a phone where you will be. Call Waiting lets you know another call is coming in while you are using the phone; it sounds a soft beep. You can hold the first call, acknowledge the second, or switch back and forth. With Speed Calling you need only dial a few programmed digits to reach 8 to 30 frequently dialed numbers and with Touch-a-matic 16 you just touch a button to reach police, hospital, fire department, or 13 other vital numbers. For Touch-Tone or Rotary Dial phones, American Telephone & Telegraph Co.

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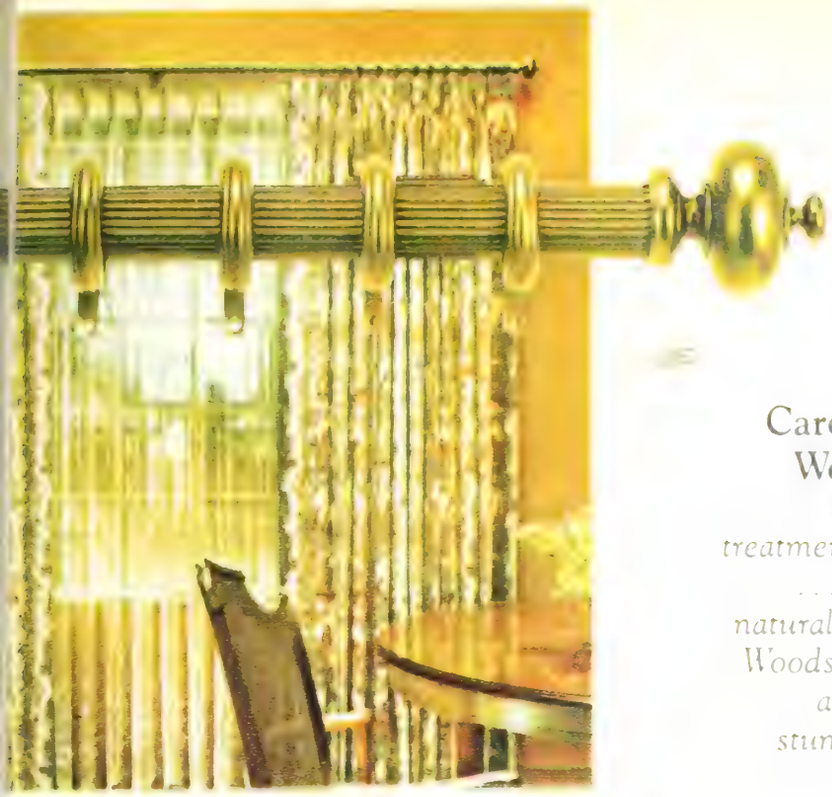


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Dramatic new treatments . . . patterns . . . colors . . . fresh, natural Kirsch Woven Woods can transform any room into a stunning showcase for your home.



Sheer simplicity.

Light 'n airy, bright 'n cheery . . . sheers are simply perfect with Kirsch curtain rods.







Beautiful basics.

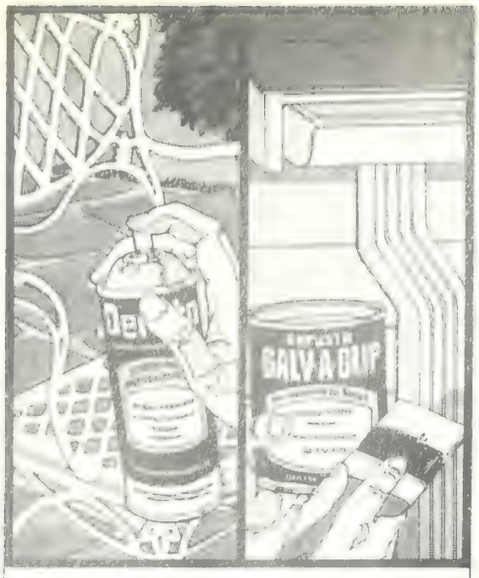
Kirsch Superfine® is the world's best-selling traverse rod. Many Kirsch traverse rods feature Teflon-S® coating.

Kirsch

It's all in the book.

And it's an all-new "Windows Beautiful." Only $1.95 at your Kirsch Dealer. Or send check or money order to Kirsch Co., Dept. K-1077, Sturgis, Mich. 49091.





One coat primes and protects against rust.



Derusto Minute Finish Spray has a special rust-inhibitive primer built into every attractive gloss color for one-step rust prevention. Contains no fluorocarbons. Makes rusted lawn furniture, bikes, and mowers look like new. And stay that way.

Derusto Galv-A-Grip™ primes and protects all galvanized metal in one coat. Won't check, crack or peel like ordinary paints, so it's ideal for use on gutters and downspouts. Dries in 3 to 4 hours.



Home paint-up's a snap with Derusto® by DAP

DAP Inc., General Offices Dayton, Ohio 45401
Subsidiary of Plough, Inc

continued from page 96

To tell how cold it really is, this thermometer helps gauge the effect of chill winds on the temperature. An indicator scale, at right on the Fahrenheit thermometer, lists wind velocity speeds. To figure the chill wind factor you learn the wind speed (5, 10, or 20 miles per hour) and read across the temperature scale. If the mercury level is 40 degrees F, and the wind speed 20 miles, the true temperature is 21 degrees F including the wind factor. The metal thermometer with a luminescent finish is listed at $2.98. Cooper Thermometer Co., Reeds Gap Rd., Middlefield, Conn. 06455.

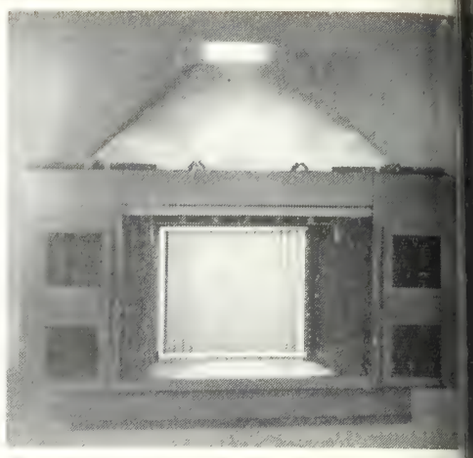


Figuring the chill factor



Auto-matic fuel saving

To save fuel in houses heated by hot-water systems, here's a new electronic computer device. Instead of maintaining constant water temperature of 170 to 190 degrees in the boiler, the Fuel$aver continuously checks and adjusts temperatures in the heating system by means of electronic sensors. They monitor outdoor temperatures, the thermostat setting, water temperature in boiler and circulating system, and "tell" computer. It correlates this data to determine constantly what the system temperature should be and to effect it. This continual adjustment saves fuel whether oil, coal, gas, or electric. $595 installed. Energy Service Industries, Inc., 30 Rockefeller Plaza, New York, N.Y. 10020.



Lots of hot air

For maximum benefit from a woodburning fire, this new prefabricated fireplace unit directs more heat into the room, less up the chimney. The all-metal unit, 58 3/16 inches wide, 27½ inches deep, 35 inches high, is built in the wall. A corrugated stainless steel heat exchanger at the back of the hearth, stainless steel plates at the sides, radiate heat out into the room. The fireplace also has four front grilles, which are outlets and intake openings for circulation of warmed air. A circulating electric fan can be added as an optional feature. $475. The Majestic Co., 245 Erie St., Huntington, Ind. 46750.

Lay it on thick

Extra-thick fiber glass batts have been introduced to meet new insulation standards. Primarily for attic installation, they are 9½ to 10 inches thick with an R-30 rating. (The R value indicates the material's resistance to heat flow—how well it keeps in heat in winter, out in summer. A high R value has greater resistance.) You can install these thicker batts—15 inches wide, 4 feet long—in one step rather than have to apply two thinner layers in two stages. Packaged in bundles with step-by-step installation diagrams. CertainTeed Corp., Valley Forge, Pa. 19482. ■



EXCELLENCE

We have achieved excellence by creating a modern self-cleaning cooking system incorporating five (5) basic cooking methods: microwave, conventional, microwave and conventional simultaneously, broiling and microwave broiling. The whole system is neatly designed into one contemporary kitchen appliance to save your space and time.

The Thermador CMT-20 Micro┬hermal Cooking System

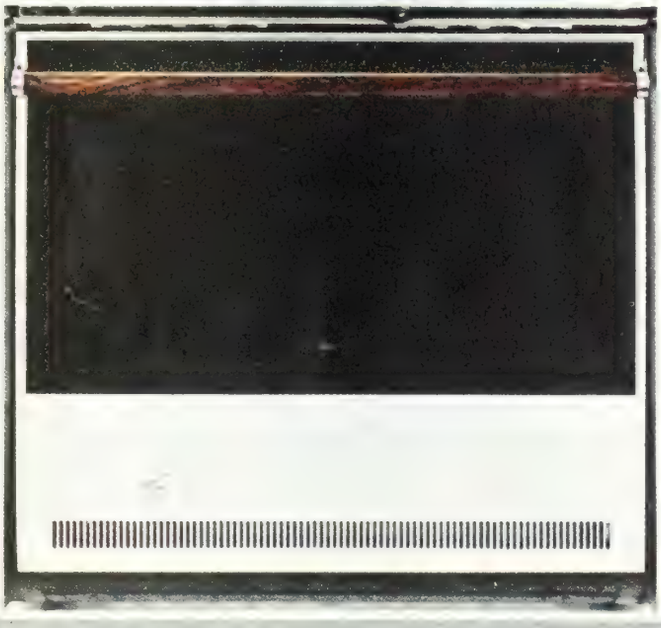
This is not just an oven. It's a self-contained full size cooking system. A Micro-Thermal oven above and conventional oven below that are both self-cleaning.

Three microwave power levels for flexibility depending on the type of job the upper oven is doing. Defrosting is made easy.

Micro-Thermal upper oven can be operated with microwave and conventional cooking modes simultaneously even while the lower conventional oven is in operation, adding up to three simultaneous cooking methods.







All control and temperature dials, including digital clock are located on one easy-to-read lighted control panel.

Ceramic insert to hold small dishes in the center rack of the roomy porcelain Micro-Thermal oven.

The CMT-20 patented built-in exhaust system ventilates the ovens automatically during the cleaning process. May also be operated independently during conventional cooking.

For information and complete warranty details see the CMT-20 warranty package at your dealer or write Thermador, 5119 District Boulevard, Los Angeles, Calif. 90040

THERMADOR / WASTE KING · NORRIS INDUSTRIES · DIVISION

Thermador

The elegant difference





IT'S YOUR HOUSE, YOUR KITCHEN, YOUR SINK.

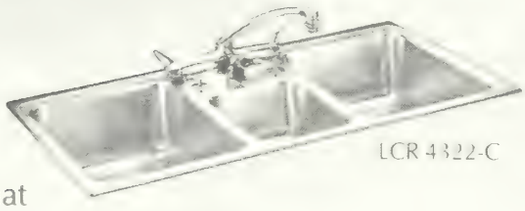
GET INVOLVED. INSIST ON ELKAY!

LCMR 3322—C with
LK 2301 Faucet.



LR 250-C

The Elkay 250 + Sink provides one extra-size compartment to accommodate large roasting and broiling pans, and one regular-size compartment.



LCR 4322-C

Elkay Cuisine Centré (LCR 4322-C) can change your entire cooking operation by providing three separate compartments. High quality Elkay Sinks are available in many models and sizes, and at three price levels. (LR 3322 Sink illustrated at left with LK2201 Faucet.)

Independent studies show that approximately 70% of a homemaker's kitchen time is spent at the sink . . . chopping, peeling, washing, rinsing and cleaning up.

An Elkay Sink, like the two-compartment Cuisine Centré featured above, can change your entire cooking operation by providing almost space-age convenience.



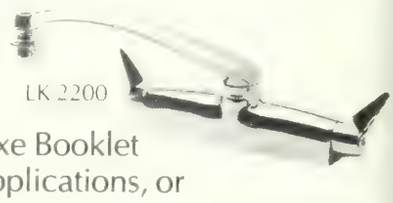
LR 3322

So whether you're remodeling or building a new home, and you want the finest stainless steel sink money can buy, insist on Elkay.

You'll be glad you did.

Elkay versus the ordinary. There's no comparison.

Insist on an Elkay Faucet. It's the only faucet good enough for your Elkay Sink.



LK 2200

Send 25¢ for our Deluxe Booklet showing features and applications, or write for free literature.

ELKAY®
MANUFACTURING COMPANY
2700 South Seventeenth Avenue
Broadview, Illinois 60153

There's an invisible extra value built into every one...



Look for it!

It's like having an invisible furniture cover. Because it resists soiling. Resists stains. Keeps the fabric "like new" longer. And makes it easier to clean. You'll find "Scotchgard" Brand Fabric Protector on fine furniture



everywhere. But the only way you'll know it's there is this tag (which, by the way, includes complete fabric care instructions).

Look for it on the furniture you're about to buy. It's such an easy way to get more for your money.

3M COMPANY



SPECIAL REPORT ON
14 EFFICIENCY AUTOMOBILES

GAS-SAVING BABY CARS

BY RICHARD AND JEAN TAYLOR

There are now 14 different cars available in this country that can return better than 40 miles per gallon on the highway, and three that will break 50 miles per gallon. This astonishing economy was attainable only by motorcycles in America not too many years ago, though it has been experienced for some while by drivers in Europe and Japan, where high prices of gasoline and penalty taxes on big cars have encouraged baby car production. But now even Ford and General Motors have gone to Europe for baby car designs and they've come up with true automobiles, not toys. For example, the Ford Fiesta, styled in America, designed in Germany, engineered in England, and built in Spain is truly an international car. And it comes to the U.S. already well-tested in European markets, where it's been the most successful car ever in its first year of sales.

With sophisticated suspensions and high-performance engines, all the new mini, efficiency cars are capable of cruising at up to 70 miles per hour with comfort and safety. They handle well and have good brakes, snappy transmissions, and many of the conveniences—automatic transmission, power disc brakes, and air conditioning—that used to belong only to big cars. There are compromises, of course. A tiny car simply cannot be engineered to have the luxurious ride of a larger car. And color is usually limited to just a few primaries for the exterior and black inside. But nevertheless, these economical cars are practical, fun to drive, easy to park, and, best of all, also the least expensive cars you can buy —priced at well under $4,000. They'll not only save on gas, but on maintenance, tires, brakes, and all the other hidden costs of operating a car. Small and light, they don't wear out tires so fast because they don't put so much pressure on the ground. Individual parts are less expensive, simple and easy to work on. These cars have space advantages, too. Clever hatchback or station-wagon styling opens up the rear compartment for cargo, easily accessible from both inside and out.

One point about saving gas—you are better off with a manual transmission. Although these baby cars are available with automatics, you'll save at least 5 miles per gallon with a manual shift. If you haven't driven a shift car for some time, you have a surprise coming. Transmissions are all synchromesh now, which means you can roll into first gear without crunching. And the engines are flexible, so you can drop to 20 mph without shifting gear.

A final word about engines. You'll find some run on regular gas rather than unleaded, which is a point worth noting.

Continued on page 106

Free househunter's kit! Get one before you start looking.



Our free kit can make househunting easier. It can help you avoid some of the hassles and financial problems of buying a home.

The kit answers some of your questions and poses others you'll want to ask about the home itself, the community, taxes, cost of living, jobs, schools, shopping, transportation, recreation, and much more. Financial questions, too, about loans, down payments, mortgages, closing costs, title protection, and more.

Ask your Realtor about us. We've worked with professionals like him for years. With the help of your Realtor, and our free househunter's kit, your new home could be just around the corner.

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Free househunter's kit.

Please send me "Helpful hints for househunters." I understand there is no charge, and I am under no obligation.

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Street Address_____

City_____ State_____ Zip_____

Approximate month we might buy_____

Chicago Title Insurance Company
Department HH
111 West Washington Street, Chicago, Illinois 60602

HG

10 WAYS TO SAVE GASOLINE

- *Plan ahead when driving. Avoid sudden stops and jack-rabbit acceleration.*
- *Make use of "right on red" turns whenever possible. Sitting at traffic lights wastes gas.*
- *Maintain a steady speed on open freeways, but do back off the throttle going downhill to let gravity do some of the work.*
- *Learn to do frequent tune-ups yourself. They're easy, take only an hour, and will make both you and your car feel better.*
- *Avoid long warm-ups or prolonged idling particularly in winter.*
- *Use air conditioning only when necessary.*
- *Buy radial tires. They last longer, ride better, give more mileage.*
- *Maintain 30 pounds of air in tires. It will give you another 1½ miles per gallon. Your car will handle better, tires last longer.*
- *Automatic transmission, particularly on baby cars, is a gas waster. Overdrive 5-speed is most economical of all.*
- *Shift at moderate revs per minute. Pushing the engine in every gear wastes fuel and wears out engines.*

Wide open beauty for carefree living.



Andersen® Perma-Shield® Casement Windows are a beautiful way to make the most of a free-spirited lifestyle.

Their low maintenance makes them easy to enjoy.

For over their wood core lies an exterior sheath of long-life rigid vinyl. One that doesn't rust, pit or corrode. Doesn't chip, crack, peel or blister.



Perma-Shield Casement Windows are also easy on heating and cooling bills.

Because unlike the leaky, drafty kind, they're two times more weathertight than recognized air-infiltration standards.

It's this snug-fitting design and Andersen's use of a wood core (a natural insulator) that makes double-pane insulating glass practical.

There's beauty in color, too. Your choice of our deep, rich Terratone hue or classic white.

Want to know more? See your Andersen dealer today. He's in the Yellow Pages under "Windows." Or send this coupon.

To: Andersen Corp., Box 12, Bayport, MN 55003

Please send me more information about Andersen Windows and Gliding Doors.

I plan to ☐ Build ☐ Remodel

Name

Address

City

State Zip

The beautiful way to save fuel.®

Andersen Windowalls

Gas-saving baby cars

continued from page 104

These engines function efficiently (that means they meet the Environmental Protection Agency pollution standards) without unleaded fuel. And in terms of economical driving, this represents a saving of 3 or 4 cents per gallon.

In the listing below, Buick, Dodge, and Volkswagen Rabbit are included, although their highway EPA figures fall short of the 40 mpg. They are not significantly less economical; all are good buys in this class. All warranties are for 12 months and 12,000 miles, except the Volkswagen, which is guaranteed for 12 months and 20,000 miles. Incidentally, the Volkswagen Rabbit, because of its unique "passive" seat belts, is the only car you can buy that already meets the 1982 Federal safety standards.

Your guide to 14 baby cars

BUICK OPEL, mpg 25 city, 38 highway
Price: $3,595. Styling: 2- or 4-door sedan. Length: 14.2 ft. Engine: Inline/4 80 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

CHEVROLET

CHEVETTE, mpg 31 city, 43 highway
Price: $3,225. Styling: 2-door hatchback. Length: 13.6 ft. Engine: Inline/4 63 hp. Transmission: 4-speed/auto. Driven wheels: rear. Unleaded gas.

DATSUN B210+, mpg 37 city, 50 highway
Price: $3,694. Styling: 2- or 4-door sedan or hatchback. Length: 13.6 ft. Engine: Inline/4 70 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

DODGE COLT, mpg 32 city, 37 highway
Price: $2,984. Styling: 2- or 4-door sedan or wagon. Length: 14.3 ft. Engine: Inline/4 96 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

FORD FIESTA, mpg over 40 (not certified)
Price: $3,500 approx. Styling: 2-door hatchback. Length: 12.2 ft. Engine: Inline/4 66 hp. Transmission: 4-speed/auto. Driven wheels: front. Unleaded gas.

HONDA ACCORD, mpg 38 city, 48 highway
Price: $4,195. Styling: 2-door hatchback. Length: 13.5 ft. Engine: Inline/4 68 hp. Transmission: 5-speed/auto. Driven wheels: front. Regular gas.

HONDA CIVIC CVCC, mpg 41 city, 54 highway
Price: $3,052. Styling: 2- or 4-door sedan, wagon, or hatchback. Length: 12.3 ft. Engine: Inline/4 60 hp. Transmission: 4-speed. Driven wheels: rear. Regular gas.

MAZDA GLC, mpg 35 city, 45 highway
Price: $2,914. Styling: 2-door hatchback. Length: 12.8 ft. Engine: Inline/4 52 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

PLYMOUTH ARROW, mpg 26 city, 39 highway
Price: $3,379. Styling: 2-door hatchback. Length: 13.6 ft. Engine: Inline/4 96 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

RENAULT LE CAR, mpg 25 city, 41 highway
Price: $3,345. Styling: 2-door hatchback. Length: 11.7 ft. Engine: Inline/4 60 hp. Transmission: 4-speed. Driven wheels: front. Regular gas.

SUBARU DL, mpg 28 city, 41 highway
Price: $3,338. Styling: 2- or 4-door sedan or wagon. Length: 13.7 ft. Engine: Flat/4 67 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: front. Regular gas.

TOYOTA COROLLA, mpg 36 city, 49 highway
Price: $3,318. Styling: 2- or 4-door sedan or wagon. Length: 13.9 ft. Engine: Inline/4 58 hp. Transmission: 4-speed/5-speed/auto. Driven wheels: rear. Unleaded gas.

VOLKSWAGEN

RABBIT, mpg 24 city, 37 highway
Price: $3,599. Styling: 2- or 4-door hatchback. Length: 12.9 ft. Engine: Inline/4 78 hp. Transmission: 4-speed/auto. Driven wheels: front. Unleaded gas.

VOLKSWAGEN RABBIT DIESEL, mpg 39 city, 52 highway
Price: $3,769. Styling: as above. Length: as above. Engine: Inline/4 48 hp. Transmission: 4-speed. Driven wheels: front. Diesel fuel. ■

7 points on how to handle a stick shift

1. Try to keep the engine at a happy speed all the time, not too fast, not too slow. Select the appropriate gear for the condition, i.e. don't drive up a hill in top.
2. Don't sit with your foot on the clutch at lights; it's not good for the clutch and it's also dangerous. Shift into neutral and release clutch, so the car is stationary.
3. Don't ride with your foot on the clutch or slip the clutch while accelerating. Think of the clutch as an "on-off" switch and make smooth transitions between the two positions.
4. Use your hand brake to hold the car on hills until you're ready to drive away. Then release the clutch and hand brake simultaneously.
5. When coming to a stop, don't coast in gear with your foot on the clutch. Shift into neutral and release the clutch.
6. Remember, it's better to downshift before slow corners than to coast around in too high a gear, or worse, with your foot on the clutch.
7. Be sympathetic to your car. Listen to the engine. Your car will soon tell you if you're doing the right thing. Treat it gently but firmly, but never force it to do something it doesn't want to. Cars have rights, too.

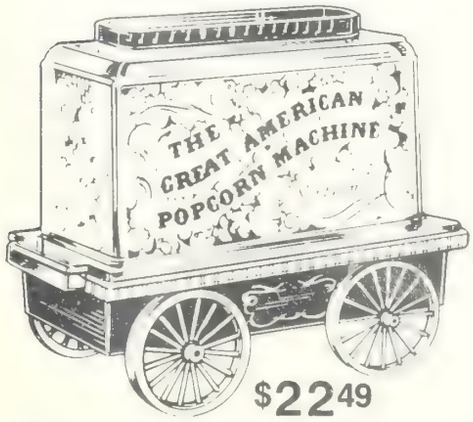
. . . for appliances and housewares!

Shop at the store with the Sentry on the door!



Your neighborhood Sentry hardware dealer is one of over 4,500 in the United States. He stocks all the "do-it-yourself" tools and materials you need to modernize, repair and improve your home. Plus hundreds of easy-living appliances. Products like toasters, deep fryers, can openers, mixers, blenders, steam and dry irons, electric peelers, food processors, slicing knives, grills, coffee makers, hair dryers . . . **and corn poppers!**

Drop in and look them over. Browse. Have fun when you shop!



$22.49

Sunbeam

SELF-BUTTERING POPCORN MACHINE

You've never tasted better popcorn. The Great American Popcorn Machine pops 4 quarts electrically. And, automatically butters while popping. Teflon surface eliminates sticking. Clear-view cover flips over, doubles as serving bowl. You'll love it. So will the kids—and your guests.

Merchandise, shown in this advertisement, is available from participating Sentry dealers only. Offer expires October 22, 1977. The 4,500 Sentry dealers own their stores. They select their merchandise and set their own prices. There may be variations in products, available quantities and prices in individual stores . . . Sentry Hardware Corporation, Cleveland, Ohio 44113.

AA-6786

Every two should have one.



At home with DUPONT NYLON

It's the one and only PairChair. The loveseat everyone loves. Because it doesn't just sit there. Each side reclines independently to any position, including full bed rest—think of the possibilities!

Each legrest operates independently, too. And no matter what position you get into, the PairChair stays one inch from the wall. Which makes it ideal for today's smaller living quarters.

Available in a wide choice of styles and beautiful fabrics, there's nothing like the PairChair for comfort and convenience.

Pick out yours soon.

La-Z-Boy®

The Chair People™

Send 50¢ for color folder and Furniture Environmental Booklet to: La-Z-Boy, Dept. HG-AL, Monroe, Mich. 48161.

Fry without a pilot.



Also bake, broil and use up to 30% less gas.

Magic Chef®
Cleveland, Tennessee 37311

Pilotless Magic Chef gas range. The automatic pilotless ignition does away with constant-burning pilot lights. The gas is on only while you're cooking—so you'll use up to 30% less.

Cook-and-keep-warm oven control. It cooks to order, holds dinner at serving temperature. Keeps roast beef rare for hours.

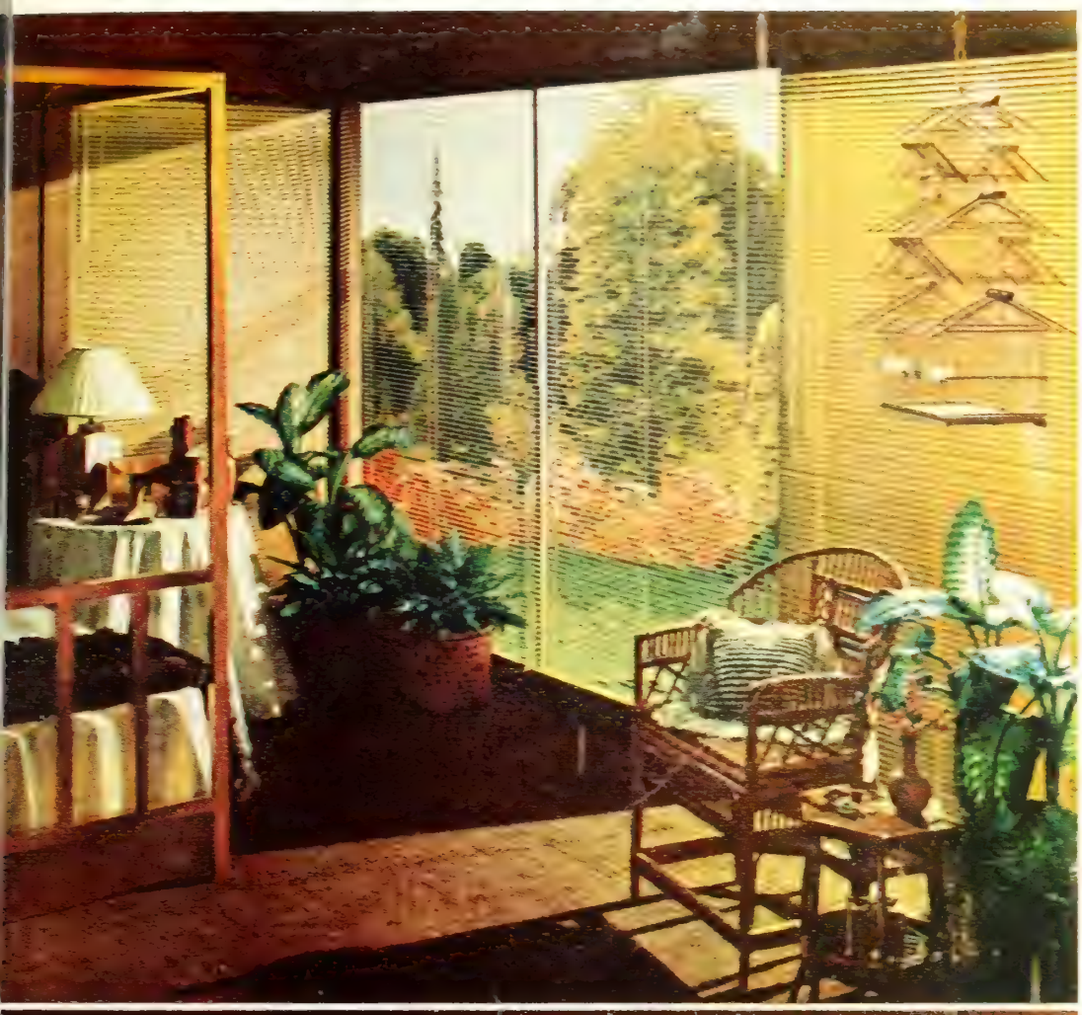
A continuous or self-cleaning oven. Your choice. A continuous-cleaning oven cleans while you cook. Self-cleaning oven has a separate cleaning cycle.

Lift-up removable top. Glass door. Cook-top lifts off for easy cleaning. One-piece Uniburners® lift out for washing. Sparkling glass door in black, harvest gold or avocado.

Waist-level radiant broiler. No stooping. And reflected heat seals in juices fast. See this new Magic Chef at your dealer. It's the modern replacement for your old gas range. And one more way to use gas wisely.

AGA American Gas Association

Most blinds are made for windows... Décor blinds are made for rooms.





Ask any good decorator.

No other window covering combines all the benefits of a one inch blind.

Open—they become virtually invisible.

Closed—they allow you complete privacy.

And inbetween, you're able to select any degree of softly-diffused sunlight.

But we think a window covering should do more than cover the glass. That's why we make Flexalum Decor Blinds—not just with your windows in mind—but with your walls, and floors, and furniture, and carpeting and everything else that makes your home your personal creation.

Decor Blinds come in 50 of the most popular colors. According to House & Garden, many of these colors are the ones you'll be decorating with this year.

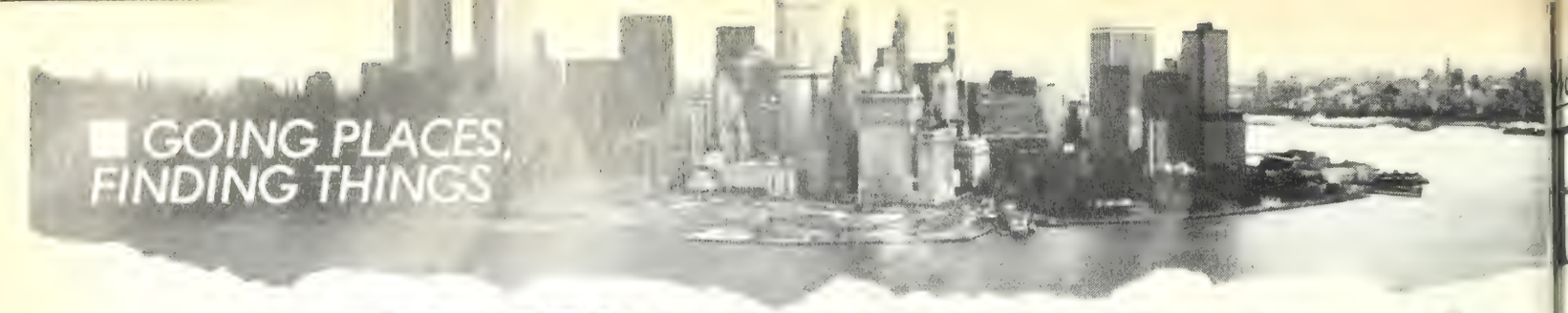
And Flexalum Decor Blinds are the only blinds with a one inch headrail—leaving you more room for curtains and drapes.

Just check the Yellow Pages for your local representative of the slimmest blinds in the world.

Or ask us for a copy of Window Moods. (Please enclose 50¢ to cover postage and handling.) It's a complete guide on decorating with one inch blinds. From the people who introduced the first aluminum blind.

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Totowa, N.J. 07512.

Flexalum®
Decor Blinds



THE SPECIAL PLEASURES OF A CRUISE



QE2 sailing out of New York h

AND HOW TO CHOOSE THE RIGHT ONE FOR YOU

Cruises today are different than they were ten years ago. And they are the same. The pleasures, service, and extraordinary comforts remain, only the variety is greater. New ships are smaller and geared to shorter itineraries. They carry more young people and often young families and they offer them more things to do both on board ship and on shore. What remains constant is the fact that the modern cruise ship is still a huge, luxurious, floating resort that wends its way from one exotic port to the next, allowing the curious traveler to see the world or a corner of it while packing and unpacking only once.



Royal Caribbean's Song of Norway

In helping you choose a cruise this year, we wanted first to convey the atmosphere of a shipboard vacation. Jane O'Reilly, a frequent contributor to House & Garden, has sailed often on ships of the Royal Viking Line: the Star, the Sea, the Sky. Her story gives the idea of the comforts offered on board a ship designed for a small passenger list. David Butwin, who writes often for *Travel and Leisure*, tells of a transatlantic crossing on the QE2, where first class offers the seagoing pleasures typical of the Empire, plus the more contemporary fun of tourist class. Antoinette DeLand, the cruise editor of *Travel Weekly*, has given us some ideas from her new book for Fodor, *Cruises Everywhere 1978* (McKay, $9.98). Read the articles, the book, check your newspaper for cruise ads, poll friends, find a good travel agent and ask his advice—then book passage on a ship you like.—N.R.

The glorious self-indulgence of the cruise life

BY JANE O'REILLY

The point is: on a cruise ship, daily life does not apply. Daily life is an office full of deadlines, a house full of laundry, and a winter full of responsibilities. Cruise life is macaroons for tea and caviar for dinner, a massage in the morning, an excursion in the afternoon, and an evening spent dancing and leaning over the rail watching the ship's wake in the moonlight.

A cruise ship exists to provide its passengers with total, permissible, outrageous self-indulgence. Some ships are better at it than others. The ships that do it best never lose their passengers. The first cruise becomes a lifelong love affair. People come back again and again, no matter where the ship is going or what international celebrity has been cajoled aboard. These regulars—and they are legion—are welcomed aboard as old friends, shown to their favorite cabins, made comfortable in their favorite corners. They are all but wrapped in cotton wool, and the experience is delicious.

For some reason, cruise lines do not stress, as a selling point, the fact that passengers will be waited on hand and foot. Perhaps Americans do not like to admit that they are buying a chance to gratify any pleasurable whim that comes into their heads.

If the cruise brochures are any indication, Americans like to feel they are choosing a cruise for reasons other than its syba-

(Continued on page 114)

5½-day mini cruise: a crossing on the QE2

BY DAVID BUTWIN

If you've ever tried something once and liked it so much you were almost afraid to try it again, then you know how I feel about the Queen Elizabeth 2. She is always a marvel, whether cruising in the Mediterranean, Caribbean, or the Pacific. But in this case I am talking about her in her role as the Queen of the North Atlantic, the 66-ton, 963-foot liner that crosses 28 times from April to October in the very lanes that brought the Normandie, Bremen, Mauretania, and the two earlier Queens back and forth between the old world and new. A crossing is the ideal way to sample the pleasures of cruising with the Queen.

You will find, however, that a QE2 crossing is much more than a 5½-day joy ride. From the moment the ship backs out of her berth at 48th Street and starts to nudge down the Hudson, you realize she is *going* somewhere, she is welding together a 2,570-mile bridge between continents and cultures and not merely ferrying 1,600 people for fun.

The great transatlantic ocean liners—and the QE2, launched in 1969, is the last of the lot—have not been in the business of pure transportation for decades. Cunard means for you to have fun aboard, so much so that at times you may feel a killjoy for wanting to crack the piles of books you've brought along or for merely sitting in a

(Continued on page 112)

Royal Viking's cruise ship, the Sea, leaving port

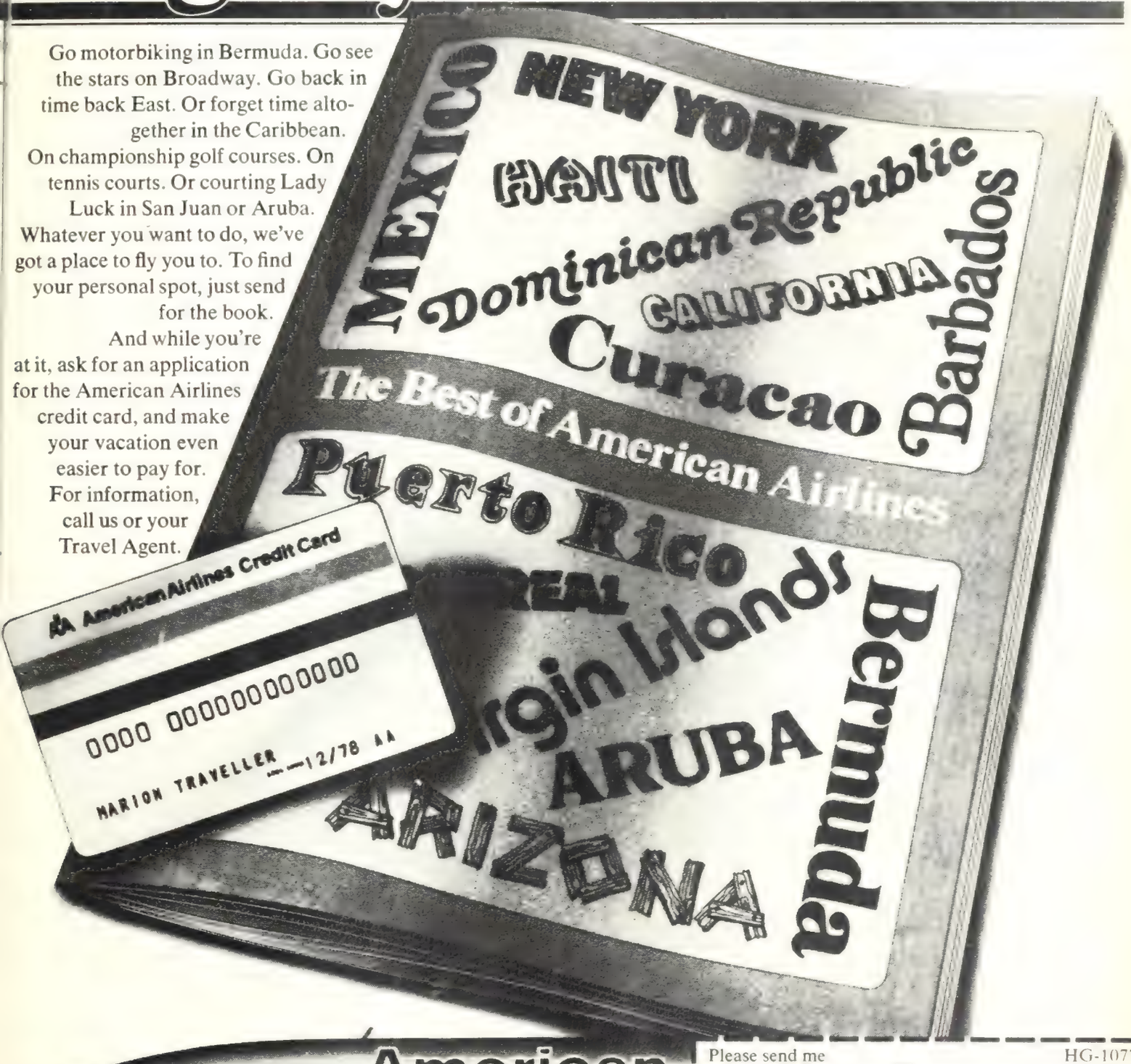
For ideas on choosi cruise, and 20-plus cruises you might to take, see page 1

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7-day trip aboard
continued from page 110

deck chair and doing nothing, in the grand tradition of ocean voyages past.

It was the jet that did in the transatlantic steamer, cutting the annual ebb and flow from 800,000 to a trickle. Other than the Baltic Shipping Company's Mikhail Lermontov, a Russian liner that does four summer sailings out of Montreal and New York, a handful of ships which use the crossings to position cruises abroad, and a smattering of freighter berths, the QE2 is alone today on the western ocean.

How much: There are ways to save

Though Cunard advertises a number of fare reductions and bargains, the QE2 is not for the traveler who wants to save time or money. Consider that in the most expensive sailing season (eastbound in July, westbound in August) two persons in a tourist-class double room with outside exposure pay about $850 each—one way. Meanwhile, you can fly to London and back for as little as $350. Cunard's air/sea packages do trim the fares somewhat: First-class passengers get a reduction that amounts to the cost of a plane ticket home from London, while tourist-class passengers pay half the air fare home. Still, cost comparisons are pointless. Your $850 will buy five full days of uncommon room and board, all those resortlike amenities, and one of the great (certainly one of the vanishing) travel experiences that are left on earth.

Weather: Expect all kinds

I can think of just two things that can possibly undermine a QE2 crossing: bad weather and the wrong dining companions. Two summers ago when I sailed to England, I heard talk of a nasty storm that had dogged the Queen on her westbound crossing a few days earlier, a storm that was still hovering in the North Atlantic. I am not the stablest of sailors, and I felt my stomach begin to pitch and roll. Yet for five days we sailed as if on a millpond. Officers I spoke to seemed almost disconcerted by the lack of motion. For two days fog obscured all but a few passing freighters and tag-along porpoises. Only the hardiest passengers sat out on deck, huddling beneath blue Cunard blankets. Seldom, though, did I hear a complaint. There was enough to do indoors, and I think more than a few of us welcomed the non-turbulent, pea-soup conditions.

☐ **RESTAURANTS:**
Freeform cheer in tourist class; soothing excellence in first class:

Considering the time spent at table, finding the right dining companions is crucial. Something at breakfast the first morning—I think it was the incessant, whining voice of the woman on my left—told me that I had better look for a new table. So I joined a long line of malcontents outside the tourist-class Britannia Room waiting to see the dining room captain who was poised above a large seating chart juggling table numbers and names. Some were to move and move again. My single switch was magical.

I began to look forward to mealtime more for the company at my six-seat table than for the food. We had a Chicago grain broker in his 40s who was taking six months off for travel; a widowed school teacher from Queens who, bless her, tried to be mother to us all; a young California lawyer who seemed to fall in and out of love twice a day on ship; a Park Avenue woman who described herself as a professional fund-raiser; and a handsome, bearded English artist and art instructor on his way home from sabbatical in South America. We laughed, talked, and quarreled our way through each meal without much regard to what was placed on our plates.

If you expect dining on the QE2 to be a regal experience, you might be disappointed in the 830-seat Britannia Room, where democracy (sometimes even anarchy) reigns. There is no particular dress code, people arrive in dark suits or jeans, and every night is like TGIF. The waiters, young and carefree, help key this infectious glee. If it's your birthday they will bake a cake and stand around to serenade you; if you're young and pretty and it isn't your birthday, they will bake you a cake anyway.

Life is not as loose one deck below in the 600-seat first-class Columbia Room, where the menu is larger and people pay more attention to what they wear and the kinds of wine they choose. The 186 passengers who pay the highest fares may eat (in two sittings) in the exclusive Queen's Grill. Lately Cunard has reopened a fourth restaurant, the 96-seat Princess Grill. When I toured the QE2 on a recent docking, a headwaiter confided to me that the Princess Grill, though not as expensive or exclusive as the Queen's Grill, is the best restaurant on the ship. It is a pretty package of a room, with lots of window space, velvet walls, crystal lamps at each table, and substantial banquette seating. For a single evening, it's $20 extra in the Princess Grill, $30 in the Queen's Grill.

Whatever you think of the food, and it may vary from memorable to forgettable, the basics are never in question. Says John Bainbridge, Cunard's executive chef: "We have the best of three markets for our supplies—New York for meats and fresh vegetables; Cherbourg for French wines, snails and other specialities; and Southampton for caviar shipped from Russia, for partridge, grouse, and pheasant."

☐ **WHAT TO DO FOR 5½ DAYS:**

Day and night, I found so much to do on the Queen that I never unpacked the books I had brought along for those vacant afternoons. Vacant, indeed. Cunard lays on so many games and events it takes a special initiative to sample everything once. You can start the day with a jog around the decks with Eric Mason,

Continued on page 114

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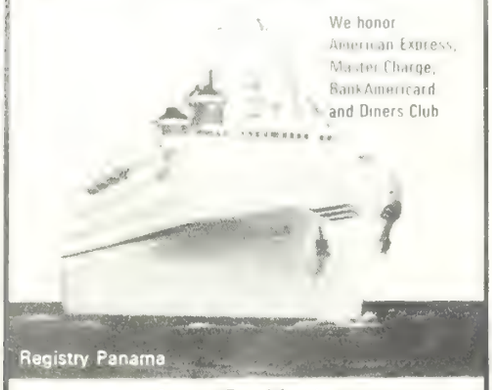
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5½-day mini cruise
continued from page 112

the fitness pro, who is to England and English Kellogg's what Bob Richards used to be to the U.S. and Wheaties. Thereafter the QE2's so-called "Festival of Life" practically takes you by the hand and leads you through an unbroken string of physical, cultural, and social events. You can learn yoga and martial arts, cooking, bridge and golf; you can shop in the red-carpeted arcade for clothing, jewelry, perfume, liquor, and souvenirs; you can send the kids to arts-and-crafts class; you can take tea at 4 with all the trimmings. Each crossing features a special guest or two, around whom seminars, lectures, and informal chats are planned. This past season you could have sat at the feet of Isaac Asimov, Shere Hite, Milton Friedman, Betty Friedan, Lynn Redgrave, George Gallup, John Dean, Nora Ephron, George Plimpton.

Before dinner, there are cocktail parties given by fellow passengers and ship's officers. Later, you can ramble between eight bars, four nightclubs, a casino, and a 530-seat cinema. The QE2's nocturnal nerve center is the smallest of the four nightclubs, the 100-capacity but always SRO, Theatre Bar. That is tourist-class turf, but the bar, with its cozy dance floor and surrounding lounge, is also favored by first-class passengers who change out of dinner jackets and dresses to mix with the masses. Somehow the Theatre Bar combines all the best qualities of a block party, a singles bar, and a corner pub. People arrive alone and leave in twos, fathers dance with daughters, Frenchmen toast Americans, and the place doesn't close until no one is left to order a drink.

I can't see how the QE2 can be as good a second time across, but if the day comes, I want to sail to America from England. I have heard that westbound crossings, carrying passengers home from their travels in Europe, are quieter, more contemplative journeys than eastbound crossings, when everyone is fresh, alive, and full of expectations of the summer ahead. It is hard for me to imagine the Britannia Room or Theatre Bar quiet or contemplative. I must see that.

Self-indulgence of a cruise
continued from page 110

ritic splendors. There are cruises for every taste and hobby and every pocketbook, to any part of the globe, for any length of time. Lessons on bridge and yoga, golf and marine biology are offered. Some cruises tempt with visits to ancient ruins and chamber music, others promise gaiety and tangos.

I think all those extra-added attractions are simply incidental pleasures, adding a touch of piquancy to the dream life at sea. The only really important thing is the ship.

Cruise brochures, wonderfully mu colored and filled with hypnotizing d charts, offer some clues on choosin ship. Somewhere there will be listed s details as the size of the ship, the num of passengers in relation to the num of the crew, and perhaps the nationa of the crew. But there is no universa recognizable, four-star-to-no-star ra system for cruises. Potential passeng must rely on the recommendations friends and of trusted travel agents.

My own travel agent tells me tha good rule in picking a cruise is: "Y get what you pay for."

The ship I love best would seem prove that rule. The *Royal Viking Se* very expensive, and as close to my i of perfection as Norwegian skill make her. I have spent weeks on bo the *Sea* in a condition somewhere beyo bliss. That I also happened to be, various times, in the Caribbean, Greek Islands, and the Black Sea, w exciting but not essential. I think I wo be as happy on board the *Sea* if she ne left Ft. Lauderdale. The ship, as I s before, is the important element.

Perhaps I will amend my statement indifference to destination just a littl think some passengers carry oblivio ness too far. There was once, for exa ple, a man on board the *Sea* who sp thirty-six days in the sauna and w astonished one day to find the s docked in Tahiti. They still speak him, and of the woman who obligi ly filled out a questionnaire about cruise by answering the query "w cruise did you take?" with "Greek Isle although she had just been to the No Cape.

In fact, there is no better way to the Norwegian fjords or the Alask coast than from a ship. And some of remoter or more difficult parts of world are infinitely pleasanter when the comforts of home (and more) w peacefully in the harbor. I would love be aboard the *Sea* this winter, sail through the Panama Canal, mak quick visits to such ports as Balb Acapulco, and Mazatlán.

But, during lunch in Puerto Valla I would be thinking of macaroons tea back on board.

I had not expected to be so beguil by a ship. I thought I would be bor Instead, I found the possibilities for se indulgence on the scale the *Sea* offer to be absolutely fascinating. It is, f thermore, impossible for everyone board a ship to be boring. Some cruis during normal vacation times, for ample, or to certain very popular pla such as the North Cape, are livelier th others. If, by some miscalculation, y should find yourself surrounded by p sengers who seem interested only in th health and the jigsaw puzzle in the brary, you should turn to the officers help. They are, by training and incli

...on, prepared to entertain—and be entertained by—the passengers. They are also very good advisors on shore excursions: which places are better seen with a group and which are more interesting explored alone or with one of the taxi-rides who wait at every port.

My notions of cruising were somewhat forewar. I had visions of not being able to cope, of spending my time at the wrong table during the wrong seating, of retiring to a badly placed deck chair, and of compounding my ignorance by awkwardly tipping the wrong amounts. It turns out that these days it is very hard to go wrong. The newer, smaller cruise ships like the *Sea* include everyone in one seating, and they do not assign deck chairs at all.

The matter of the table assignment still makes for nervous moments. The best way to deal with the problem is to firmly state your preferences when booking, tip the maitre d'hôtel $10 the first minute you can after boarding, give the table a chance, and then ask for a change if you need to. Do not spend a second worrying about the boring people you have left abandoned. The maitre d'hôtel will find them some nice new friends—he knows people better than anyone else on the ship.

And don't, by the way, expect the food to be as wonderful as it is supposed to be. There will be a lot of it, but delicate cuisine is rarely achieved by a kitchen cooking for great numbers. Sometimes, with a bit of extra tipping to your headwaiter, the kitchen can be persuaded to cook special things just for you.

The simplest way to resolve the riddle of tipping is to ask the purser, who will give you a general range. It is a good idea to spring for an amount slightly more lavish than the general range, and it is an even better idea to tip something at the beginning of the cruise as well as the end.

A cabin steward should receive about $3 a day per couple, or $2.25 a day per single. In the dining room, the waiters at your table get $1.50 a day for the group. Wine stewards and bartenders should get 15 percent of the daily, or total, bill. Deck boys welcome an occasional dollar or fifty cents. On long cruises, tip every two weeks instead of at the end, and don't forget special people such as the masseur or the night steward.

Ships do move—to the surprise of some passengers—and the best way to avoid seasickness is to book a cabin as close to midship as you can. A modern cruise ship is a self-contained climate, so the clothes you plan to wear inside should be the ones you wear to ward off air-conditioning chill at home. But, don't forget, if you plan to make excursions, sturdy shoes, bug repellent, and raincoats—anything that makes you comfortable in the real world.

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Self-indulgence of a cruise
continued from preceding page

the dream world on the ship it is necessary to spend a very busy first day. Thoroughly test every possibility; explore every nook and cranny, read everything in your cabin, make appointments with the gym and the hairdresser, go and see if you like the people who join the Ping-Pong tournament or the dance classes. After that, you may retire to your chair by the pool and dissolve.

And try, just try, to remember what daily life was like. ■

Ideas on choosing a cruise

from Antoinette DeLand, editor of Fodor's Cruises Everywhere 1978

☐ **HOW MUCH TIME CAN YOU SPEND?**

1. One-to-two-week cruises are the most popular today. These are often cruises with a theme: an old movie festival, a famous chef cruise, where one can go to the galley after dinner and be taught how to make what was had for dinner. Shorter cruises, and ships equipped to accommodate more than 500 passengers, generally attract younger people. Longer itineraries and a smaller passenger list sometimes mean a more expensive cruise, and a smaller, older passenger list.

2. If you are attracted to the out-of-the-way ports of call offered by world cruises, but can't manage the 80-plus days to make the circuit, book a segment of the cruise. A cruise ship will provide the perfect means by which to see exotic sights with all the comforts of home-ship waiting for you in the harbor.

☐ **ARE YOU INTERESTED IN SHORE EXCURSIONS OR THE GOOD CRUISE LIFE?**

1. If particular ports of call interest you, make sure you choose a cruise that stops in those places for more than a few hours.

2. If you are primarily interested in the relaxing effects of shipboard routine, choose a cruise where there are many days spent at sea.

☐ **DOES IT MATTER IF THE CRUISE YOU LIKE LEAVES FROM MIAMI AND YOU LIVE IN CHICAGO?**

Don't worry about the port of embarkation. In the U.S., one can leave from San Francisco, Los Angeles, Galveston, New Orleans, Miami, Port Everglades, Norfolk, New York, plus others. Special fly/sail packages have the effect of free airfare to the port of departure.

☐ **DECK PLANS GIVE A BLUEPRINT OF A SHIP'S LIFE**

Your travel agent will have deck plans from many ships. Study them carefully when choosing a cabin or a ship. (Rule of thumb says the higher the cabin, the more windows and the more expensive. It is, however, the middle-level cabins that offer the smoothest ride in a storm.) Plans show whether or not a cabin has a tub or a shower, the bed configuratio the closet space. Also check out ho close you are to stairs, elevators, dinir rooms, game rooms, lounges, and su decks.

☐ **HOW TO COMBINE A CRUISE WITH AN ACTIVE SPORTS LIFE**

Golf and tennis fans should choose cruise where land arrangements can b made to play golf or tennis while in por Your travel agent will know the lin that do this.

☐ **PLAY FAVORITES**

Some people choose a ship by its crev If you love Italian vitality, find an Italia ship. If you relax supervised by Swede or Norwegians, look for a Scandinavia ship.

☐ **DOES GOOD FOOD MEAN EVERYTHING TO YOU?**

Most ships' food, though plentiful, is nc what it used to be. Still, certain nationali ties are known for their cuisine and oth ers aren't. If the quality of the cooker is a big factor in your choice of a ship choose according to the flag of its chef Travel newsletters, a travel agent, an the advice of cruise-going friends wil also help steer you right.

☐ **YOUNG FAMILIES FIND NONSTOP ACTIVITY ON A CRUISE**

Some lines make a point of catering t families. If a particular ship has two sit tings for dinner, the children can go t the first and the cabin steward will baby sit while you go to the second. Som cruise ship lines offer daylong children' activities so that you only see offsprin at night.

☐ **OTHER CRUISE ADVANTAGES:**

1. Except for tips and shore excursions a cruise offers a single-price vacation paid in advance, with no surprises at th end.

2. To check the price of a cruise agains a resort vacation, divide the cost of th cruise by the number of days at sea Then compare that per-diem figure with the combined cost of transportation taxis, hotel rooms, and meals divided by the same number of days. With risin costs of transportation and resorts cruises are no longer a routinely expen sive alternative.

20-plus cruises you might like to take in the next three months:

There are cruises leaving all year long from ports in the Atlantic, Pacific, Caribbean, and Mediterranean. Below, to give you an idea of the riches available, we've made a listing of 16 steamship companies offering over 25 different cruises in the next three months. If you would like to get the whole picture—what cruises leave where, when—buy *Ford's International Cruise Guide*. A twice-yearly publication, the new edition is out this month. Write Ford's International Cruise Guide, P.O. Box 505, 22151 Clarendon

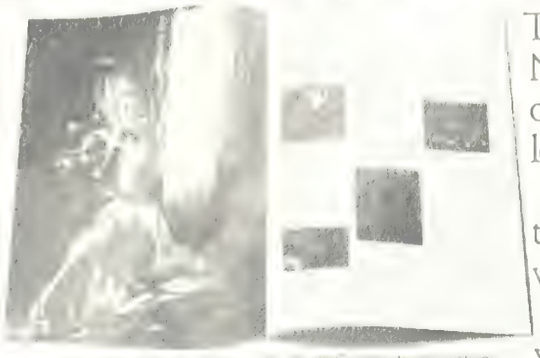
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Choosing a cruise
continued from page 116

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1. Cunard: *Queen Elizabeth 2*

● 6-day Transatlantic cruise, leaves N.Y.C. Oct. 22 for Europe, leaves Europe Oct. 29 for N.Y.C. "Festival of Life" on board includes writers, journalists, comedians, politicians, playwrights. Oct. 22: Gucci Fashion Show.

● 9-day Caribbean cruise, leaves N.Y.C. Nov. 17. "Ship Enthusiasts Cruise" will stop at St. Thomas, Martinique, Barbados, St. Lucia.

2. Royal Viking Line

● 32-day Mexico / Tahiti / Hawaii cruise, leaves San Francisco Dec. 16, L.A. Dec. 17, stops at Mazatlán, Acapulco, Nukuhiva, Bora Bora, Papeete, Moorea, Honolulu, Lahaina. Christmas and New Year's Eve at sea. The *Royal Viking Sea.*

3. Carras

● 16-day "Crown and Crescent II" leaves Venice Oct. 22, returns to Athens after visiting Tunisia, Israel, Egypt, Crete. The *Danae.*

4. Commodore Cruise Line

● 7-day Caribbean cruises, weekly from Miami. "Oktoberfest Afloat" featuring oom-pa-pa music, German dishes, daily beer-fest. Stops at Puerto Plata, Dominican Republic; St. Thomas, Virgin Islands; San Juan, Puerto Rico; and Cap Haitian, Haiti. The *Boheme.*

5. Eastern Steamship Lines

● 4-nights to Nassau and Freeport, Monday to Friday, from Miami. Snorkeling and tennis available on land, arranged by ship's captain. The *Emerald Seas.*

6. Holland America Cruises

● 18-day Caribbean and South American cruise, leaves N.Y.C. Nov. 19. Port Everglades, Nov. 21. On board, Omar Sharif, a film festival of his films, plus a bridge tournament. (Omar Sharif is a tournament bridge player and will play in the ship's tournament.) Free economy airfare from many U.S. cities to N.Y.C. or Florida (one way). The *Rotterdam.*

● 7-day Bermuda cruise, weekly on Saturdays, until Nov. 12 from N.Y.C. The *Statendam.*

7. Lauro Lines

● 14-day Mediterranean cruise, leaves Genoa, Dec. 24, stops in Naples, Alexandria, Port Said, Haifa, Izmir, Istanbul, Piraeus, Capri. The *Achille Lauro.*

8. Lindblad Cruising Expeditions

● One-month cruise through the South Pacific begins Oct. 19 with a flight from San Francisco to the Fiji Islands to meet the *Lindblad Explorer* and visit: Tonga, Pitcairn Islands, Easter Island, Juan Fernandez. Return flight from Chile, November 20. Airfare to and from port of embarkation/debarkation not included. GIT rates sometimes available.

9. Monarch Cruises

● 7-day Caribbean cruise leaves Miami

Continued on page 120

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Choosing a cruise
continued from page 118

Nov. 27. "Return to Nostalgia" with Art Mooney and Big Band Parade, the Ink Spots, and Corbett Monica. The *Monarch Sun.*

● 7-day Caribbean cruise leaves Miami Dec. 4 with Buck Owens and the Buckaroos from television's *Hee Haw*, plus singer Susan Raye. The *Monarch Sun.*

10. Norwegian America Line

● 14-day Caribbean cruise from Port Everglades, Nov. 5. "Oktoberfest at Sea" makes stops in Venezuela, Colombia, Jamaica, Cayman Islands, Mexico. The *Vistafjord.*

● 14-day Caribbean cruise from Port Everglades, Nov. 19. "Backgammon Cruise," world championship backgammon tournament, plus lessons from experts, and other tournaments at sea; stops at Haiti, Curaçao, Venezuela, St. Vincent, Barbados, St. Lucia, Guadeloupe, Virgin Islands, Puerto Rico. The *Vistafjord.*

● 14-day Caribbean cruise from Port Everglades, Dec. 3. "Through the Lens for Camera Buffs." Top photographers on board give lessons on camera use. Stops at Colombia, Aruba, Martinique, St. Barts, St. Maarten, others. The *Vistafjord.*

11. Norwegian Caribbean Lines

● 7-day Mexico and Caribbean cruises leave Saturdays year-round, from Miami. Visit Cozumel, Georgetown, Grand Cayman Island, Ocho Rios, Jamaica. The *Southward.*

12. Pacific Far East Line

● 43-day South Seas cruise to New Zealand and Australia. Leaves from San Francisco and Los Angeles Nov. 1 and Dec. 7, stops in Honolulu, Moorea, Papeete, Rarotonga, Auckland, Bay of Islands, Sydney, Suva, Niuafo'ou, Pago Pago. Nov. 1, The *Mariposa;* Dec. 7, The *Monterey.*

● 5-day California to Honolulu cruises departing from both San Francisco and Los Angeles Nov. 1, Dec. 15, The *Mariposa;* Nov. 18, Dec. 7, The *Monterey.*

● 18-day Hawaiian Island Cruises from San Francisco and Los Angeles, visits Honolulu, Hilo, Kahului, Nawiliwili. Nov. 18, The *Monterey;* Dec. 15, The *Mariposa.*

13. Paquet Cruises

● 14-day Caribbean cruise from Port Everglades, Jan. 8. "Musical Cruise" with visiting artists, dancers, soloists and ensembles, lecturers, musical highlights every day; on shore days, the concerts are on shore. Stops at St. Croix, Guadeloupe, St. Lucia, Venezuela, Dominican Republic, Haiti. The *Renaissance.*

14. Princess Cruises

● 7-day Mexico cruise from Los Angeles, Dec. 2, 9, and 12 for "Pre-Christmas Shopping Cruises". Spend one full day in Puerto Vallarta and Mazatlán. Dec. 2 and 9 The *Sun Princess;* Dec. 12, The *Pacific Princess.*

15. Prudential Cruises

● 52-day South American Cruise, departs Los Angeles Oct. 28 (earlier departures from Vancouver, Tacoma, San Francisco), visits 10 countries in S.A. Many air/sea possibilities available as well as bookings for segments of the cruise. The *Santa Magdalena.*

16. Royal Caribbean Line

● 14-day Caribbean cruises from Miami, every other week, year-round. Visit 8 ports: San Juan, St. Thomas, Guadeloupe, Granada, Barbados, La Guaira, Curaçao, and Port-au-Prince. The *Nordic Prince* and The *Sun Viking* on alternate trips. ■

BOOKLETS
TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Flagship Cruises' **West Africa/South America Cruise** sails Oct. 22 from N.Y.C. then to Fla., on to Casablanca, and then around the West African coast and back to South America—45 days. The *Kungsholm.*

2. Caribbean Winterludes from Holland America describes 8-12-day cruises from Nov. '77-Mar. '78. A big plus: H.A. has arranged for passengers to get ½ round-trip airfare to Miami free for cruises on the *Statendam.*

3. Pacific Far East Line offers **Free Round-Trip Flights** from West Coast cities to Hawaii. Pick up 31-day South Seas Cruise. $268 free air travel allowance from all other cities.

4. Cruise Alaska! 1978 on Canadian Pacific's *Princess Patricia.* 7-day excursions all summer long from Vancouver. See glaciers, the sight of the Gold Rush, Alaska's capital, and more.

5. The Eastern Steamship Lines' **Emerald Seas** is your hotel in the Bahamas. 3- and 4-night cruises. Dining, dancing, swimming, cinema, casino on board. Year-round from Miami.

6. Pacific Coastal Cruises 1977/78 from Prudential Lines. Cruises every 2 weeks year-round from L.A. or S.F., then up to Vancouver and back. Only 100 passengers. One-way also available.

7. Royal Viking Line's **1978 Trans-Canal Cruises** offer variety. 16-days 1-way, 33-days roundtrip. From S.F., Florida, or N.Y.C. All offer the daylight transit of the Panama Canal, plus Mexico and the Caribbean. One-way sailings available.

8. Norwegian America's **Caribbean M.S. Vistafjord** offers the "Barbados Connection." Leaves from N.Y.C. or Miami. Seven nights on board, plus one night at Marriott's resort in Barbados. Free tennis. Golf and sailing for a small charge.

9. Spend Christmas and New Year's on *QE2* for a two-week cruise in the Caribbean. One-week fly/cruise also available. Details in **10 Classic Winter Cruises from Cunard.**

10. Monarch Cruises. Visit the Caribbean, Mexico, and Central America in one week aboard the *Monarch Star.* On board, Frank Sinatra Jr. and Marty Storm. Leaves Miami Nov. 13.

11. Cruising Expeditions Aboard the M.S. Lindblad Explorer offers Antarctic cruises Nov. 24 or Dec. 19 from N.Y.C. Stops: Chile, Falkland Islands, Antarctica, Tierra Del Fuego. Returns Dec. 24, Jan. 19.

12. Norwegian Caribbean Line, **First Fleet of the Caribbean,** takes you to many ports on its ships: the *Starward,* the *Skyward,* and the *Southward.* All leave year-round from Miami, Saturdays.

13. Sitmar Cruises: schedules for the *Fairwind* and the *Fairsea* for 1978. You choose an itinerary that offers several ports in Mexican waters, the Caribbean, or the Panama Canal. For winter and spring sailings. Canada and Alaska in summer. Mostly 10- and 14-day cruises. Extensive fly-sail information. Most airfare to port of embarkation is discounted.

14. Qantas South Pacific Tours lets you fly three ways: independent, hosted, or escorted. 87 tours to choose from. Length varies from 10-36 days.

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to four weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 10A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

House & Garden,
October, 1977

Decorating going up

At first glance, it might seem strange that House & Garden this month should be so prominently concerned with apartments. After all, don't houses and apartments share many of the same decorating problems? Isn't everyone interested in having more space, better light, higher ceilings, prettier views, more charm, and a little peace and quiet?

Yes, and that's just the point. You might find the same needs in houses and apartments. But, unlike houses, apartments have certain limitations. They can't, for instance, be expanded — there's a neighbor, or a 40-foot-drop, on the other side of that wall. If there are only a few windows, or a scarcity of closet space, that's just the way life is. Along with the view — which can be anything from a spectacular city skyline to the fire escape next door — you're often presented with rules that say 80 percent of your floors must be carpeted, and sometimes, no remodeling allowed. All of which make apartments very good laboratories for real-life decorating ingenuity.

For instance:

● IF YOUR ROOMS ARE TOO SMALL

Use double or triple-duty furniture (see some of the newest on page 154).

Don't have all your furniture hug the walls — freestanding things make the room more expansive.

Mirror a lengthwise wall to broaden the room visually.

● IF YOU NEED MORE STORAGE SPACE

Fill a blank wall with open shelves. What you don't want in plain sight can be hidden in good-looking baskets.

Storage cabinets or cubes built on casters can roll where you need them, are easy to rearrange.

● IF YOU NEED A BETTER VIEW

Mirror window reveals and sills to catch prettier scenery.

If you view sky above, buildings below, have blinds that pull up from the bottom.

Block a hopeless view altogether with trellis or louvered shutters. Hang plants in front, install lights in the window frame behind, for the illusion of a sunny day.

● IF YOUR ROOMS NEED CHARACTER

You can use screens to define seating areas, create entranceways, reshape space.

Use plants to soften angles and juts left by the builders. Or use mirror to make them disappear.

Light can create texture and nuance, for instance: uplights on dimmers in floor containers, to cast soft patterns on the wall.

For do-it-yourself architecture, you can use painted, stenciled, or paper borders around doorways and windows.

● IF YOU WANT TO RAISE THE CEILING

Paint it a shade darker than light walls, or, with dark walls, paint it a pale color rather than white.

Hang curtains above window tops — the longer the line of curtain, the higher the ceiling seems.

Hang pictures in vertical groups that nearly reach the ceiling. Use vertical furniture to break long horizontal walls.

You'll find lots of other ideas on the pages that follow. If you live in a house, you can use or adapt the ones that fill your needs. If you live in an apartment, they're all right up your elevator.



THE ELEVATOR PANEL AT OLYMPIC TOWER CONDOMINIUM, NEW YORK CITY'S DAZZLING NEW FIFTH AVENUE SKY RISE



PROBLEM: How can you bring more light and nature into small rooms?

SOLUTION:

Catch the sun with glass and mirror, fill your rooms with plants

NORMAN MCGRATH

great ideas from apartment living

Starting here, practical, beautiful decorating ideas to help you make your house or apartment live better, look terrific



What appears here to be an infinite, airy, plant-filled space is actually a 4-by-8-foot diagonal passageway created between a dark entrance and a tile-staged plant conservatory. The illusion of space was achieved with mirror—floor-to-ceiling along both sides of the passage, whose walls were reangled to bounce light and view to the apartment center. Designed by Myron Goldfinger. For more ideas, turn the page.



In apartments, or wherever you can't increase actual space, it pays to make each room really count by using it several ways. Case in point, the 10-by-25-foot room here, which serves as plant room, family den, study, and comfortable guest room

Above: A skylit conservatory where plants staged on clear acrylic tables can bask in light. Architect Myron Goldfinger enlarged existing windows and doors rather than create new openings in exterior walls. Floor paved with quarry tiles is easy to clean after indoor gardening.



Left: Plan of apartment, with new passage between

JEAN McGRATH



At one end, an African violet collection thrives near the terrace. In the center, a study wall of bookshelves and a built-in desk. At the other end, a shaggy, loungy landscape of rug and pillows that conceals a low bed—for the owners to relax, for guests to sleep

Above: At the other end of the conservatory, more plants and an inviting rug-and-pillow-covered bed kept low to keep out of the way of the view. A sliding panel can close the area off from the living room—privacy for guests. Across from the desk, more glass doors lead to the terrace.

NORMAN MCGRA



One way to improve small or awkwardly shaped rooms is to rethink furniture arrangement. In the dining room here, for instance, a square, tinted-glass-topped table placed on the diagonal gives new dynamics to the once conventional small square room

Above: The wall between dining and living rooms was removed to make the two spaces feel like one. But they retain their identities—and their functions—with the addition of a marble-topped cabinet-divider that serves both rooms. Above it, strip lighting reflected in window.



To make the narrow living room wider, the only furniture—two sofas conversing across a coffee table—is placed away from walls; tiled plant steps run the room's width. At the end of the room, tall, wide, curtain-free windows add visual miles

Above: The narrow living room was given visual breadth with a wall of glass doors stepped up to the terrace, the large cut-out to the dining room, and a 12-foot-wide barrel-vaulted skylight that spans the room. For more width-illusion, an island of rug on a brown-stained oak floor.



BROTMAN

PROBLEM: *What can you do to give a boxy modern apartment the appeal of a country house?*

SOLUTION:

Why not create cozy sitting areas, use country fabrics and the things you love



A living room, cozy, inviting, full of wonderful fabrics and an atmosphere you can't help but relax in. It's the result of a transformation that began with a problem you might recognize: a brand new apartment building that offered plenty of open space, but, as owners Richard and Betty Dorso put it, "with all the charm of a ball park." Their solution was to build walls to divide the original huge (30 by 40 feet) living room into a living room, dining room, and library. Then they made each space cozier still, by screening off sections, grouping furniture by conversation areas, and hanging their vast art collection floor to ceiling on every wall. For more of the charming trans formation, please turn the page.

When you want to warm space up and make it livable, fill it with a chorus of colorful fabrics in wonderful prints

Above and right: The library ("this is where we *live*") houses some of the Dorsos' art along with their books. With the exception of some antique linen in the living and dining rooms (used both right and wrong side out) the fabrics—all by Souleiado at Pierre Deux—are pure Provence in inspiration, and used for upholstery and curtains.





No matter how large and spare a space you begin with, you can use fabric to create instant atmosphere. Here, country fabrics—antique and modern—are used in every room, differently but consistently, for furniture, curtains, and in the dining room, *above*, on a stretch of wall. The rest of the walls are patterned with pictures, hung straight up to the ceiling to raise it visually—they lift the eye. Underfoot, the original floor was poured concrete, so every room but the kitchen has been carpeted in dark beige sisal—soft, warm color, a wonderful flow that unifies and defines all the activity above it. Because the Dorsos are inveterate travelers and collectors, they had enough paintings, objects, and French furniture to not only fill their high-rise country house, but also to stock their shop in Beverly Hills, where they also sell marvelous clothes.

Above: The dining room with new false beams, very shallow so as not to lower the ceiling, and painted a country-sky blue. Two tables expand to 12—"and that's all. Any more and you'd have to talk with megaphones."
Left: The living-dining terrace, a combination of hanging garden and open-air Turkish corner, lit at night by candles plus the local fireflies.

■**FIRST YEAR** *Start with a beautiful floor, furniture on sale or from the attic*



■**THIRD YEAR** *Add comfortable chairs, slipcovers, curtains, and art*



This is the way the living room developed

FIRST YEAR

$799 Sofa on sale
176 2 wicker armchairs
15 Rush table
Hand-me-down desk, chair
60 2 bamboo blinds
25 Floor pillow
100 Tree
35 Basket for tree
250 Floor, bleached, sanded, polyurethaned
35 Lamp
28 2 throw pillows for sofa

THIRD YEAR

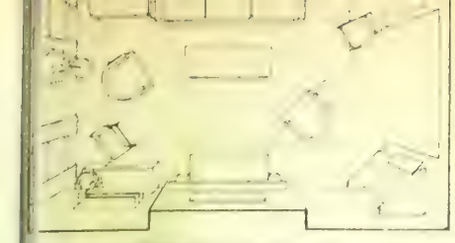
$320 Upholstery fabric
150 To have slipcover made
753 Upholstered chairs (with fabric above)
300 Coffee table
152 Curtains
18 Sofa pillow
35 Hanging shelves
35 Lamp
425 Cricket table
67 Painted chair
12 Chair cushion

FIFTH YEAR

$ 60 Wall paint
1,200 Rug
500 Mirror (installed)
275 Graphic, framed
825 Corner cupboard
60 Afghan
42 Needlepoint pillow (do-it-yourself supplies)

To learn how it all works, turn the page ▶

MICHAEL DUNNE



PROBLEM: *We know just what we want—but we can't afford it now*

OLUTION:

Here's how to plan your decorating right now, and create your rooms in stages

■ **FIFTH YEAR** *Give it more charm with color, a mirror, a rug, and personal treasures*



Plan now, decorate later



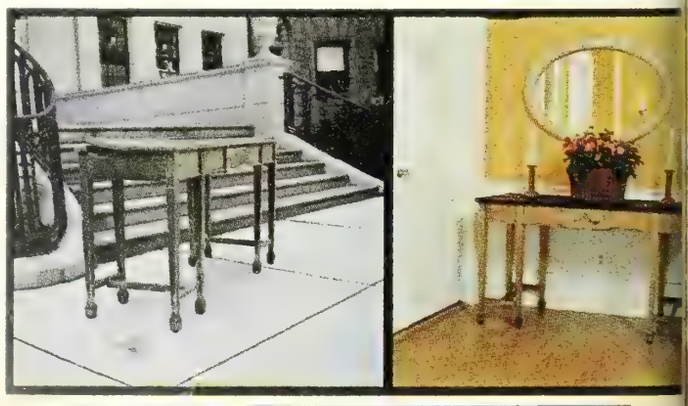
Top: The starting living room—new sofa, desk, two wicker armchairs, rush table. Cost: $1,582.95.
Below: Five years later with the addition of two upholstered chairs, coffee table, and end tables, the seating group is centered on the fireplace (see plan, *above*). To balance the desk on the righthand side of the fireplace, a cupboard on its left: Cost: $6,811.95. Kay-Lyn chairs with fabric by Jay Yang for P. Kaufmann, Scotchgard finish. Charles Hinman graphic, Galerie Denise René.



Start now, finish later—a decorating plan that's as much fun as it is practical. Whether you're starting from scratch in an empty apartment with just a few hand-me-downs, or updating an apartment you're already living in, you can let your rooms evolve with your taste and budget. To show you what we mean, we asked designer William Hodgins to help us plan and decorate a whole apartment—living room, dining room, and bedroom—in stages. "To do this most efficiently, it's important to consider how you live now, and how you think you'll be living in a few years," says Mr. Hodgins. "That way you're always working towards the plan that accents the room's best features and makes the most of the furniture you've chosen. This is not to say that this optimum plan is the only answer. There are many happy solutions en route." Take this apartment's living room *(below left and on preceding pages)*. Although the ideal arrangement is the final one "because it lets people see the windows, the fireplace, and through to the dining room all in one glance," the placement of the sofa on a diagonal in the first year is the best solution for a scarcity of furniture. It makes the room look fuller than it really is, and it's a balanced, workable arrangement with the sofa on one side of the room, the desk and chair on the other. It was during the third year, when the owners replaced the living room's wicker armchairs with upholstered ones (wicker chairs went to the dining room) and brought in the dining room's *(opposite page)* botanical print and red pine table, that the living room moved towards its finished plan. "Furniture swapping between rooms lets you make the most of your furniture for years on end," says Mr. Hodgins. Even the octagonal dining table—"a wonderful shape for a skirted table since it makes natural folds"—was bought with the idea that someday it could work elsewhere—perhaps as a night table in a bedroom or an extra table in a living room or den. "The important thing to remember, whether you're decorating in stages or not, is that rooms are never finished. They grow as long as you grow." In this apartment, less than $10,000 was spent for all three rooms—about $3,500 the first year, $2,790 by the third, and an added $3,667 by the end of year five. Of that amount, nearly $7,000 went into the living room, since that's where most people spend their time. Costs are based on do-it-yourself painting, refinishing, and some sewing. Professional labor increases prices.



DO-IT-YOURSELF MIRROR FRAME, *opposite page:* Take an old wood-framed mirror, scrape clean of old paint, sand lightly. Apply primer-sealer and give frame a coat of fast-drying off-white acrylic paint. Dip the end of a twisted piece of cheesecloth into taupe-colored acrylic paint and gently sponge on. Let dry overnight. TO CREATE A HANDSOME SIDEBOARD, *below*, from a hopelessly decrepit desk ($8, as is): Nail down warped top, scrape off old paint (leave just a hint of paint around center scroll, to accent it). Prime, seal, lacquer the top black, and just polish the rest.





Opposite page, top left: The dining room began with a small red pine table, two wicker armchairs and a botanical print—the start of a collection continued in the bedroom later. Poster Originals.
This page, top right: Breakfast in the start of a great dining room. Rosenthal china, flatware, and glasses were wedding presents.
Opposite page, top right: In the second stage, paint: a splash of 24-hour sunshine to brighten up the windowless dining room. The table is an octagon of plywood laid on a card-table base.
Opposite page, bottom: For charm by the fifth year: seat cushions, China Seas' sarong, draped over the felt skirt, desk-turned-sideboard, found at a flea market, mirror. Total cost: $536.

MICHAEL DUNNE

RST YEAR



FIRST YEAR

$ 35 [illegible] table
176 2 wicker armchairs
150 Botanical [illegible]

THIRD YEAR

$15 Wall paint
15 Octagonal table (plywood and base)
25 Table skirt

FIFTH YEAR

$8 Old desk to refinish
42 Mirror you paint yourself
60 Seat cushions
10 Sarong



IFTH YEAR



Plan now, decorate later





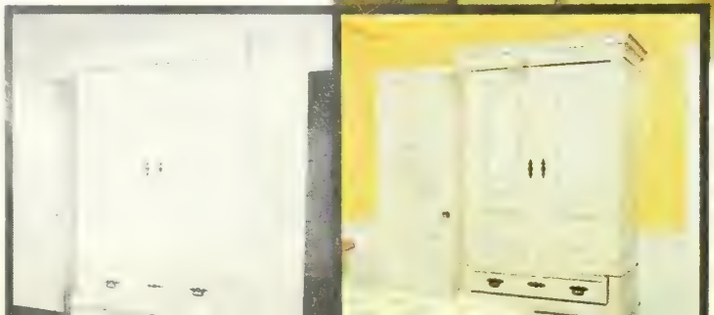
TO TRANSFORM A FOLDING SCREEN, *above,* **cut section of sheet for each panel, stretch and staple to screen's edge. Trim away excess with a razor. Press double-faced tape around the edges, and cover tape with contrasting grosgrain ribbon.**

Sunshine and flowers—that's all the inspiration it took to make this bedroom grow. The look begins with a whole wardrobe of cheerily printed sheets and pillowcases used lavishly. Since sheet patterns are frequently discontinued after a year or so, all of them were bought at once—but put to use in stages. During the first year, the bed was dressed with sheets, matching comforter, dust ruffle, and armfuls of pillows. More sheets were used to cover the headboard and window shades. Two years later, sheets became shirred curtains, and, finally, panels of floor-to-ceiling curtains, valances, and covers for a junk-shop screen. In the second stage, two botanical prints were hung to either side of the bed, and the room was painted sun yellow above the chair rail. (The wall below the rail was kept white to accent the moldings and add architectural dimension to the square room.) More sunshine was added during the fifth year: yellow slipcover for the armchair; more flowers in the garlands handpainted on the white armoire, *below.* Sisal rug was replaced by grass green wall-to-wall carpeting, bought with the intention of binding it for possible use as an area rug in a future apartment. The sisal might have been moved to the living room until the budget could allow for the purchase of the final $1,200 durrie.

HOW TO DRESS A WINDOW, *right:* **Begin with shades to give privacy and filter light. They were made with iron-on shade-cloth kits using a white background bottom sheet with scalloped border from the top sheet (the bed's dust ruffle was made the same way). The third year brought ¾-height curtains —shirred on rods top and bottom—of the same sheeting. They make windows look taller, allow more versatile light control. In the fifth year, windows were finished with floor-to-ceiling curtains and valances, made from strips of bottom sheet trimmed with 3-inch-wide pink grosgrain ribbon, and hung on double rods. To make the bedroom feel taller, valances were hung under ceiling molding. Cannon's "Scented Garden" sheets.** *Opposite page, top:* **Hanging the valance on a rod of its own.**

MICHAEL DUNNE

Above, right: The bedroom filled up the first year with an on-sale bed, chest, mirror, armoire, and hand-me-down chair with neutral upholstery. Cannon's "Scented Garden" sheets by Oscar de la Renta.
Right: Armoire, first painted white, later trimmed with painted garlands.



FIRST YEAR

- $311 Bed on sale
- 75 Custom headboard
- 68 Chest
- 56 Mirror
- Hand-me-down chair
- 52 Window shades (2 do-it-yourself kits)
- 220 Sisal rug
- 224 2 bedside tables
- 110 2 brass lamps on sale
- 250 Armoire
- 192 Sheets, pillow coverings, comforter, plus some received as wedding presents





THIRD YEAR

- $30 Wall paint
- Shirred curtains (made from sheets)
- 400 2 botanical prints, framed
- 35 Plant stand



TH YEAR

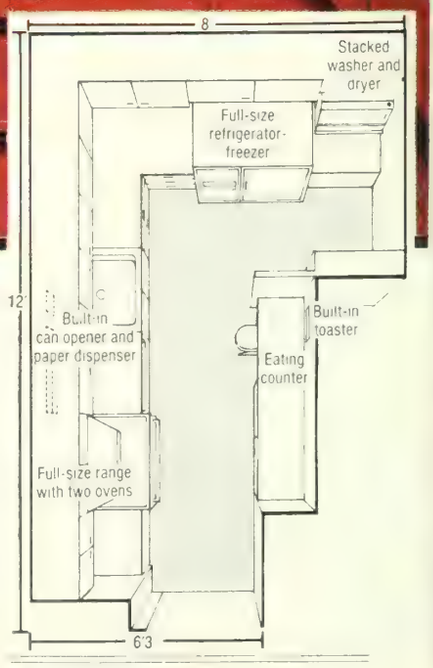
FIFTH YEAR

$360 Green carpeting
100 Yellow slipcover for chair
34 Old screen Do-it-yourself armoire decoration
40 Eyelet pillow shams
Do-it-yourself curtains, valances from sheets
30 Ribbon trim
22 Hardware

Opposite page, bottom: By the third year, two botanical prints appeared above bed tables, a wire planter picked up at a garage sale for $35 was bent back into shape, and shirred curtains were hung at the windows.

Above: Fifth year's finishing touches: wall-to-wall carpeting, sheet-covered screen to hide old-fashioned radiator, and curtains and valance of more sheets trimmed with grosgrain. On the bed, eyelet pillow shams bought at a January white sale. Comforter is now on its white side to accent the white in the room. Total cost of the room: $2,607.63. Gulistan carpeting of Anso nylon. Shopping information, page 188.





Above: Looking down the kitchen aisle from the mirrored door swung inward to reflect the vegetables on the back counter. Ceiling graphic is repeated on the pillar at the far end of the eating counter. To the right of the stove, built-in towel dispenser.

PROBLEM: *How can you make a tiny kitchen look and function like a big one?*

SOLUTION # 1:

Keep the eye moving with bold color, mirror, and flowing graphics

This kitchen used to be a narrow hall with a tiny excuse for a kitchen on its right-hand wall. But look at it now: a full-size refrigerator-freezer, range, dishwasher, stack washer/dryer, and a built-in toaster, electric can opener, paper-towel dispenser plus a breakfast counter and lots of working and storage space—all in a 6¼-by-12-foot area, *see plan.* Yet the kitchen seems generous. To visually open up the space, designer Michael de Santis faced a door with mirror, used more mirror, in diagonal panels, on the wall above eating counter. Graphics painted on the ceiling draw attention upward, move it from one end of the room to the other—instead of across the narrow 3-foot aisle. The ceiling itself is enlarged by a wide band of stainless steel above the cabinets by St. Charles.



SOLUTION = 2:

Open it up with white and the shimmer of steel, stack appliances and storage



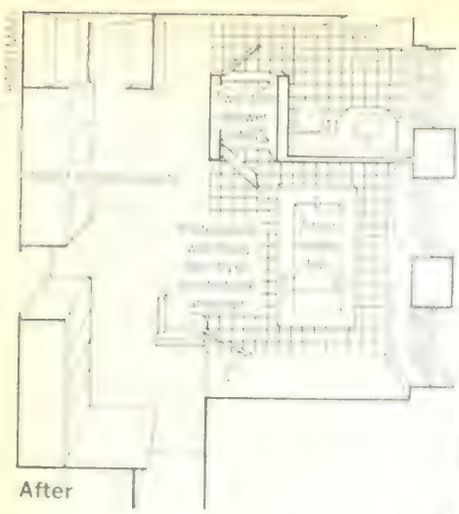
It's only 4 by 9 feet, but it works like a kitchen twice its size. That's because every inch of available space is put to good use, all floor, plus the stacking, like a dishwasher beneath, an oven above, and an adjoining wall of storage shelves. To add counter space, a mini-refrigerator tucks under the counter. The designer, Designer William Machado, lined the shelves with Arborite in the utmost glazed whites to help suggest the whole kitchen is done in white. Formica and metallic stainless steel — sleek and simple materials that make the kitchen seem larger than it really is.

Above: There's room and more to spare in these walls of a stainless steel and white kitchen packed with storage space and appliances. On the back wall, dishwasher with stove top, oven and exhaust system. On the right wall, refrigerator, freezer.

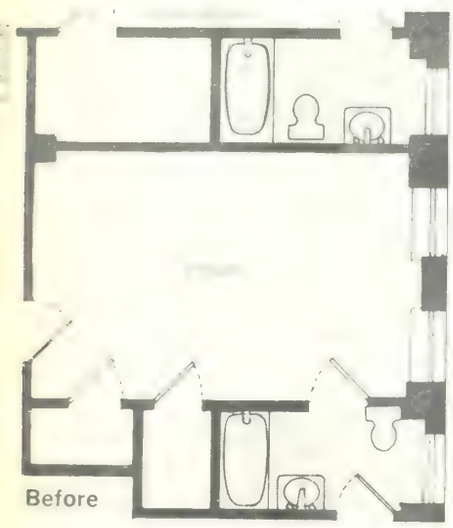
Top right: A clever way was devised to accommodate an outside window. Above, stainless steel shelves.

Left: Steel-lined counters, basic appliances and under-cabinet lights.

For floor plans of the rest of these kitchens, see pages 130



After



Before

PROBLEM: *How can we bring a small, outmoded bathroom up to date?*

SOLUTION:

By expanding to the room next door you can create a big, comfortable bath-beauty room

Not just a bathroom, but a room for the bath—it's a luxury you can enjoy even if you live in an apartment. One way is to merge a typical little bathroom with an extra bedroom, as designer Luis Rey of McMillen Inc. did in this New York apartment. The result: a big refreshing room for beauty and the bath that you can't help but feel relaxed in. The bathroom-sitting room, *see plans above*, includes a 3½-by-7-foot marble tub, walk-through shower, a private toilet-and-sink area, wall-hung hair dryer, mirrored dressing area, and its own built-in music system. To join old and new, Mr. Rey replaced tub with shower, borrowed walking space from closet.







Right: The bathtub is centered on the window end of what used to be a bedroom. For practicality and good looks, it is surrounded by a blue-and-white country tiled floor, and walls covered in matching blue vinyl. The remaining bedroom space became a white-carpeted room with a comfortable armchair slipcovered in Porthault toweling by-the-yard (to match the zebra towels) and three mirrored walls of closets. Except for the reading light beside the chair, the room is lit entirely by incandescent rods hidden beneath a dropped ceiling above the tub area. Large collage by Nancy Grossman.

Left: Marble bathtub, with slanted back and hand shower, seems to float on its tiled base. Faucets are easy to reach near the back of the tub. Windows are covered with blinds—blue to blend into the walls, perforated to let in light even when they're closed for privacy.

Above: The shower, tiled ceiling and all in blue and white, is an extra pass-through to the sink area.



HOW TO MAKE

Why making the change is good for you. The do's and don'ts of intelligent moving



MOVING— THE GREAT ESCAPE

BY CAROLINE SEEBOHM

It's hard work, physically and mentally. But moving can liberate you in a most surprising and wonderful way

Remember when you last moved into a new house or apartment — that feeling of utter relief and liberation as you sorted out things you no longer needed or wanted? And standing in the new rooms before the furniture arrives: Do you recall the delicious feeling of *emptiness*, of space and air? You have experienced the bliss of virgin territory, the clean slate, starting fresh, making everything count. At such times you are controlling your things, instead of letting your things control you. It's an exhilarating feeling.

But if you're like most people, within a year things are piling up again. It seems we can't help accumulating clutter. We live in a product-oriented society that urges us to buy, to collect. We also live in confusing times, and possessions can be a camouflage, something to hide behind if we feel unsure of ourselves or our lives. "Our whole security lies in the fact of having; and since we're insecure, we want to have more and more," says psychoanalyst Erich Fromm.

Many of today's designers are calling for more freedom from *things* in our homes. "Our lives are complex enough. Why not have a simple home life?" asks Arthur Smith, one of the designers who work with the minimal look. His first room that appeared in House & Garden (September, 1971) was as minimal as you could get — no rugs, no curtains, no table lamps, no pictures. Then, it almost looked unfinished. Now it looks wonderfully simple. "Today life is more confusing than ever," he says. "Surely we must try to simplify."

"Decoration can mean the absence or deletion of things," designer Jay Spectre agrees. "Space and energy are on everybody's minds. Today we are beginning to realize that people, art, sculpture, and objects need room to breathe. The world is shrinking, we need space. And after all, it is what's happening in the world that dictates fashion."

"We are overwhelmed by too much food," declares fashion designer Bill Blass, "too many gadgets, too many plants, too many layered clothes. Go to Nantucket and see how the simplicity on that island pleases the eye — a polished floor, a small rug, one piece of furniture." (This is exactly the look of Billy Baldwin's Nantucket house — House & Garden, January, 1977). One of the results of editing a room is that what stays *counts*. All you need are a few good pieces, and they will stand out like treasures in a pared-down room.

So instead of regarding your next move with dread, think of it with anticipation. The act of moving is giving you the chance to get rid of things you never thought you'd bring yourself to say good-bye to — the decrepit

Continued on page 192



MICHAEL DUNNE

YOUR BEST MOVE

HOW TO MAKE YOUR MOVE AS CAREFREE AS POSSIBLE

Advice, case histories, and tips from experts to make moving easier

There are three basic aspects of moving — getting an estimate, packing, and making arrangements at your destination. Getting an estimate works two ways, both to help you choose a mover and to give you an idea of how much your move is going to cost. Packing is the part people probably dread most, although there are ways of making it easier. As for arrangements at the other end, you will have to think of how your goods will arrive, how you unpack them, and how you pay the bill for the total move.

Getting an estimate. You can get hold of the names of movers by using the Yellow Pages or, (ideally), by word of mouth from friends whose judgment you trust. Call the companies you choose and they will send an estimator to look at your possessions and give you a price for your move. (Some local movers will give an estimate over the phone, but it will obviously be less accurate.)

Estimates for an interstate move should not vary very much — usually not more than 10 percent of each other. That is because interstate movers are governed by the Interstate Commerce Commission, a Federal body set up to police the moving industry. The ICC has issued a standard price list, based on weight, so that all movers use the same table of measurements. If one mover's estimate is much lower, ask more questions: Are the costs going to appear from elsewhere? (Extra costs, for instance, come from walk-up buildings, extra help such as a hoist for a piano, or other special shipments.) Beware of an estimate that is more than 10 percent out of line with the others you receive.

The ICC requires that movers give you two documents that are very helpful: the *Summary of Information for Shippers of Household Goods*, which contains details of estimating, weighing procedures, inventories, and mover's liability; and the mover's performance record for the past year, which includes percentage of shipments where the estimate was 10 percent over or under the final charge; percentage of late pick-ups or deliveries; and percentage of claims settled for loss or damage during the year. This is a very useful document, since it is a quick way of comparison shopping for your mover.

Local movers charge by the hour, not by weight. When they give you an estimate, they will quote by the hour and number of men. When estimating the time your move will take, take into account how much you have to move; how much time traffic problems will eat up; how easy it will be for the men to transfer things (e.g. is there an elevator? How far must they walk to the house or apartment?). Most interstate movers (such as the Big 6: Allied, Atlas, Bekins, Mayflower, North American, and United) also do local moves, but if you want to check the reputation of a lesser-known mover, you can call the Better Business Bureau, which keeps a list of moving complaints. Again, word of mouth is invaluable.

When the estimator comes, show him everything you wish to move. He may advise you about some doubtful things, such as chairs you may not want, by telling you how much it would cost to transport them. At this time, you should also decide whether you want to pack and/or unpack yourself, or whether you want the movers to do it for you.

The most useful guideline here is: Let the professional pack breakables. Packers are trained to pack safely the most delicate of treasures, in wrapping and cartons specially designed for the job, such as double corrugated cardboard, bubble packs, ruffled foam paper, and specially divided cartons. All cartons are carefully sealed and *insured* (see Money Matters). The estimator will look at your goods and estimate how many cartons they will need. You pay for all cartons the mover supplies, no matter who packs them. The packing estimate is then included in your total estimate.



If you want them to unpack your goods at the other end, tell your estimator, as that means another charge. (For more on packing and unpacking, see below.)

When choosing your mover, it is worth checking the materials he uses to pack. The best movers pack everything in new, disposable wrappings, such as plastic or cellophane covers. Some movers will use quilted padding for larger objects, which, although effective, gets used over and over and is therefore not so clean. "Cleanliness of materials is vitally important," says Emil Beauseigneur of Beauseigneur Moving & Storage. "Recycled wrapping can soil your fine things."

On the basis of all this information, you can compare estimates and make your decision.

Packing. Once you have chosen your mover, you will arrange with him the dates for packing, pick-up, and delivery. Remember that the busiest moving months are June, July, and August, with five "critical" weeks, June 26-July 2, July 3-9, July 31-August 6, August 28-September 3, and September 4-10. This means that if you must move then, you may have to be flexible. Interstate movers have schedules which indicate how long the move will take, according to date, weight, and distance. "Check with your mover so you will know how many days you may have to wait for pick-up or delivery," advises a Bekins expert.

Continued on page 168

The Charleston

For rooms with the charm of real tradition, a new furniture collection inspired by a town with a history of great craftsmanship.



way



...ns de story of a grand old house, beautifully restored, and ...ed with wonderful reproductions you can buy for your rooms
...ove: In the curtain-hung dining room, each piece of furniture—...e mahogany sideboard, Sheraton-style table, and chinoiserie-...corated chairs—has been faithfully reproduced or adapted ...om an original. Fabrics, china, sterling, and paint are ...harleston-inspired; everything is available across the ...untry. Furniture, Historic Charleston Reproductions by ...aker. Floor designed and painted by Luis Molina. Fabrics de-...gned by Jay Yang, treated with Scotchgard. Mottahedeh ...ina; Gorham sterling. June Klensch painting from Noho Gallery.
...eft: The house, restored by the Historic Charleston Foundation ...chard Neas designed interior. Restoration story, page 20.



The Charleston Way

Furniture with a history, scaled comfortably for today's living



All the furniture—upholstered, chests, and chairs—comes to you out of Charleston's past. **Left:** The original of the living room's mahogany secretary-bookcase, for instance, is attributed to the famous Charleston cabinetmaker Thomas Elfe, and is on public view in the Nathaniel Russell House. Mottahedeh china; Gorham cups. **Above:** In the fresh, romantic bedroom, a handsome Charleston "rice bed" (so called for the carvings of rice plants in its posts), a copy of the bed plantation owners gave their eldest daughters as wedding presents. In summer, chest-on-chest went from town to plantation. All furniture, Baker's Historic Charleston Reproductions. Fabrics designed by Jay Yang, treated with Scotchgard. Durrie rug by Coury. Martex sheets. Robert Natkin painting from André Emmerich Gallery. For shopping information, see page 188.

HORST

FURNITURE NOW

System for



the simple life

Cushion furniture, low tables, and dowel-and-canvas dividers, for comfort with remarkable flexibility

Take a fresh look at the way we live today, and you can see a promising future for this innovative furniture idea. Its inspiration is economy—of time, space, and money. Yet there's nothing hard-edge about it: It's all done with pile-as-you-wish pillows and wood platforms that roll around on casters—or stack for storage. Every piece does double or triple duty: Remove cushions, and the chaise turns into a bed. Lift ottoman seats—there's storage beneath. An ottoman divides into two floor pillows and a low table; tables enlarge and change shape with built-in leaves. And an assortment of interlocking or tie-together canvas-and-dowel screens can make new walls, hallways, corner closets, and folding, swinging doors. Or use them singly as airy translucent doors, radiator screens, or—Japanese style—as decorative focal points against a wall. They're assemble-it-yourself architecture.

Who's responsible for this freeing up the home front? Giorgio Sant'Angelo (whose apartment you see here) is a designer who ten years ago got women out of "boxes with zippers" and into flowing gypsy skirts. "The apartment was old-fashioned, small, without enough closets—and since I was renting, major changes were out. So I had to invent furniture that would make big changes for me." He remembered ancient furnishings from the Incas, Orientals, American Indians. "These people knew how to build some of the most functional furniture ever—very simple, very sensual—things that left room for imagination."

The furniture Giorgio Sant'Angelo designed for himself proved so functional that the Venture Furniture division of The Lane Company asked him to design some for them. The result—"Venture Project 1"—about 70 pieces in all (including most of those on these four pages) will be available at Macy's, New York, in February.





Above, left: Space strategies in the living room—low furniture makes the ceiling seem higher; unbleached cotton canvas visually enlarges space by merging the furniture with the eggshell-white walls. In the right foreground is an antique Incan bench in the shape of an iguana—a gift from designer Giorgio Sant'Angelo's grandfather, who took him on archeological tours as a boy. To the upper left, a glimpse of the foyer-dining area, with shelves of blue and white porcelain. "Every apartment needs small havens of organized clutter to add warmth and humanity."

Left: At the living room windows, simple muslin curtains diffuse light. Two lacquered wooden screens, framed like paintings, hide radiators and air conditioner (canvas version will be available next year). Two of his own "painted sketches" lean against them. A tall canvas screen adds architectural interest near a low table stacked with storage boxes. Beyond, the designer's work area.



Designer Giorgio Sant'Angelo in his workroom.

WILLIAM P. STEELE





Above, left: To make an invisible guest room in the living room, Sant'Angelo shortens the chaise/bed with pillows, surrounds it with comfortable pillow seating and a landscape of screens and plants. Under the bed's own mattress hides an extra mini-mattress—a quilted exercise mat. **Above center:** To soften geometry, canvas and vinyl suede cushions are all different sizes. Scroll on table displays sketches. **Opposite page, above right:** Cocktail table enlarges to become a low dining table. Here, one leaf extended for a buffet.





System for the simple life

Multipurpose furniture is designed to make rooms look bigger

This furniture is for people who want a clean sweep of space—natural, subtle textures, simple lines, beautiful proportions. "My furniture is the unfinished canvas against which people and art provide the vitality and variety," says Mr. Sant'Angelo. His favorite art?—a collection of baskets and lacquer boxes —"art that stores."

"And how much easier the 'undecorated' look is to live with—very little dusting—just zipperless pillow covers, made like envelopes, that go right in the washing machine. Just put your feet up: Sitting low, you can relax, stretch out."

And he has other designs for storage, too—freestanding wood-dowel closets on casters, canvas screens with pocket-backs, duffle pillows, duffle-and-dowel hampers. Plus assemble-it-yourself étagères, with adjustable shelves. "Open storage is easy—you just grab and go." Instead of built-in bookshelves, he designed individual stacking shelves, drawers, and cabinets you can arrange in various ways, with or without his étagère frame—for wall units, room dividers, or furniture. Shelf units are so portable you don't even have to unpack your books to move (an idea Thomas Jefferson made frequent use of 200 years ago). More versatility —nesting cubes lined in bronze, for planters, ice-buckets or (as *above, top center*) end tables; taller versions can be planters, pedestals, or umbrella stands.

What else does Sant'Angelo have up his sleeve? At the moment, he's designing a new collection of bed linens for Wamsutta. And he has ideas about appliances, too—"Why shouldn't a refrigerator be good-looking enough to go in the living room? I'd love to do everything for the house—to reshape the way we live." Shopping information, page 188.

Fold-back canvas-and-dowel screen door can swing across dining area for privacy.







Opposite page, below left: Handsome solution to living without a dining room—stackable tray tables. In vase, a cluster of "seed pods" made from small lacquered casters, dowels. **Below, center:** With pillows removed, an ottoman turns table. **Below, right:** For after-dinner coffee, boxes move from lacquered crystal table to floor. Chest holds silver. Gourd basket came from a Kenyan trip—"I had to stay two more days so the craftsman could finish it." For soft, warm lighting, candles and unobtrusive white uplights in corners.



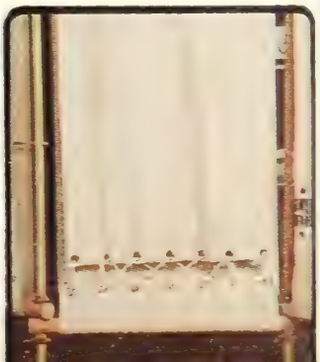


Canvas screens reshape rooms, make instant doors, closets

reens join at ht angles with ede thongs.



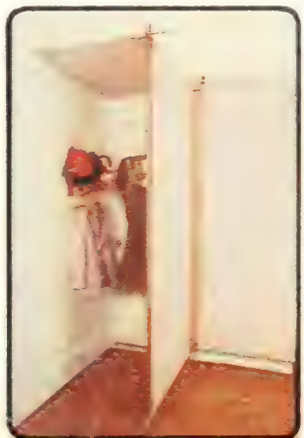
Canvas wraps around dowel frame, ties with nautical lacing.



Behind screen, a music shelf. Bedroom door is also a screen.



In foyer, two screens create a hallway closet to guest bath.



For closet, canvas door, pull-down shelf shade. 14th-century chair.



Furniture now

JOSHUA GREEN

RUSTIC



1 Slatted love seat, weathered finish. Camath. **2** Chunky cocktail table of pecky cedar. Ide of California. **3** Park bench for one, wood and cast aluminum. Stanley. **4** Pecky cedar love seat with salmon canvas cushions. Ide of California. **5** Pine cocktail table with tile-designed top. Hammary. **6** Sweet Lime linen chair and ottoman in rattan grids. Lane.

ROMANTIC

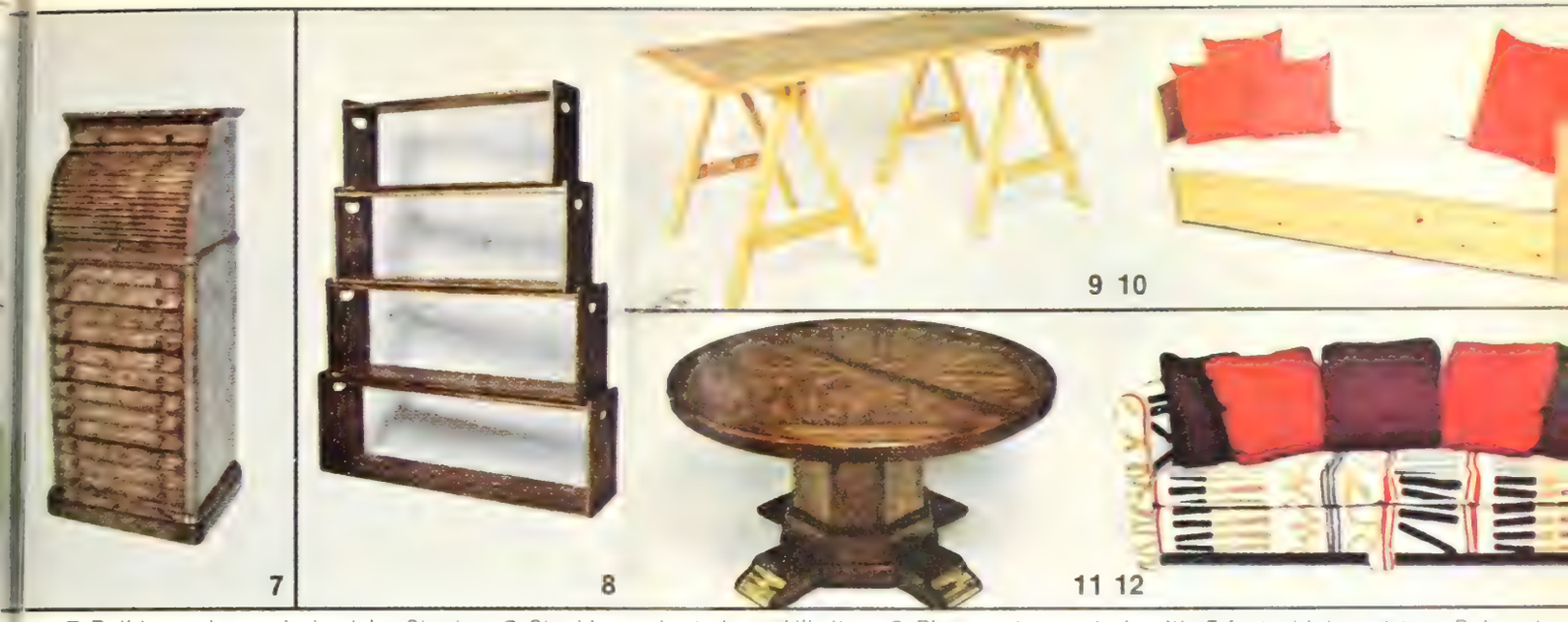


13 Oriental bamboo love seat. Baker. **14** Fretwork under glass: champagne-finished coffee table by Tomlinson. **15** Tropical-looking rattan club chair. Directional. **16** Striped "fainting couch" trimmed with nailheads. Chatsworth Chair. **17** Glass-topped coffee table, garden-seat base. Henredon. **18** Lounge chair and ottoman of natural wicker. Ficks-Reed.

MODERN



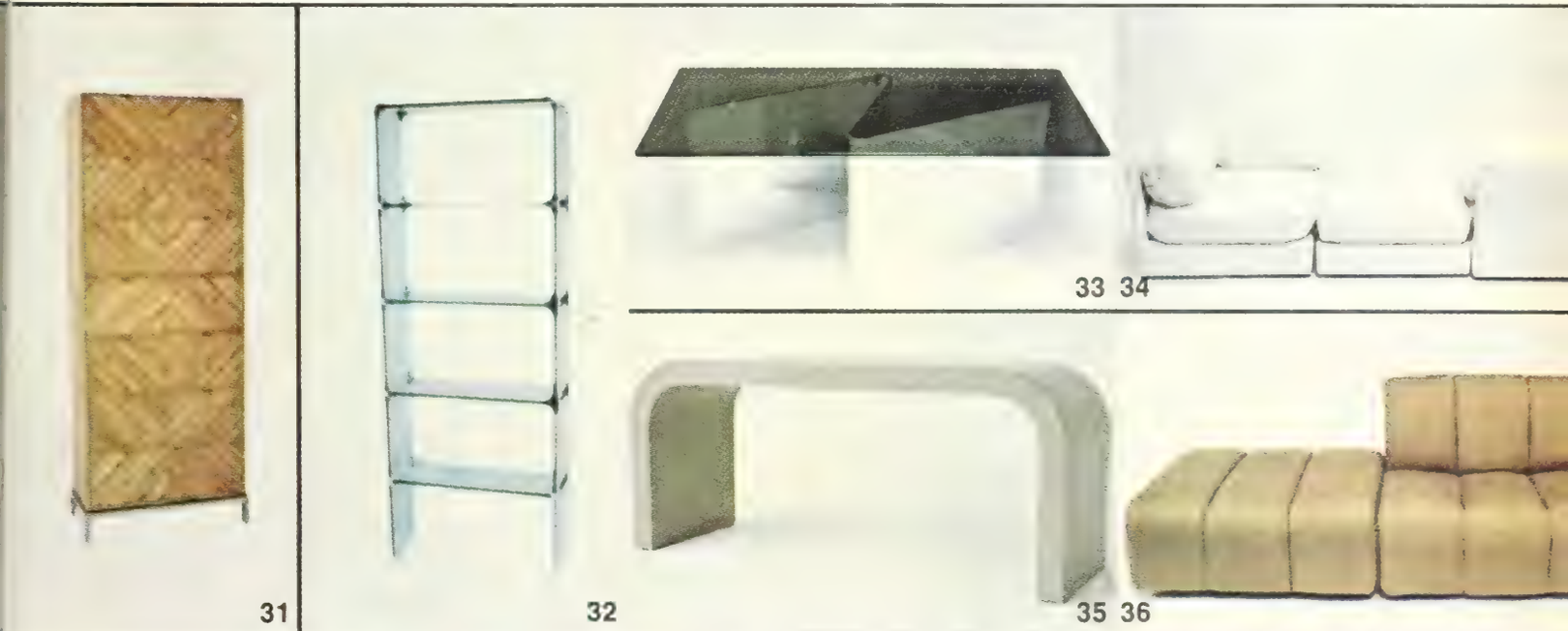
25 Navaho-striped chaise. Drexel. **26** Slinky dowel-base cocktail table. Thayer Coggin. **27** Quilted canvas and leather chair unfolds into a bed. Moreddi. **28** Checkerboard chair that converts to a bed. Weiman/Warren Lloyd. **29** Steel cocktail table with plant recess. Pierre Cardin for Dillingham. **30** Suede-cushioned chair on a steel frame. Flair.



7 Roll-top ash wood chest by Stanley. **8** Stacking oak shelves. Hibriten. **9** Pine sawhorse desk with 5-foot chipboard top. Babcock Phillips. **10** Barnboard sofa of knotty pine cushioned in white with paprika pillows. Babcock Phillips. **11** Barrel base dining table, 54 inches across, with brass trimmed pedestal. Hibriten. **12** Paintbox sofa brushed with green, brown, khaki, and rust. Flair.



19 Leather chinoiserie trunks on a lacquered base. Baker. **20** Romantic mix: mahogany and rattan highboy by Hickory Chair. **21** Glass dining table on pagoda-like frame. Thomasville. **22** Plump lemon love seat covered in linen. Harden. **23** Four-foot serving table with mahogany top, rattan base. Hickory Chair. **24** Dove-soft, dove-colored suede love seat edged with nailheads. Heritage.



31 Split rattan highboy by DIA. **32** Glass etagere, steel jointed. Contemporary Shells. **33** Smoked glass dining table on a base of folded aluminum. Flair. **34** Herringbone-quilted sectional chairs and ottoman in eggshell canvas. Directional. **35** Arched console table of plastic laminate. DIA. **36** Channel-quilted armless chair and ottoman by Flair. Shopping information, page 188.



MARK SEMEL

Right: The interior of the all-wood house centers on the 24-foot-high living-dining room, like a great central hall under the peaked roof. Three steps go down to a snug fireplace nook, a stair rises to the balconied master bedroom (note mushroom lights on balustrade). **Below:** Glass wall opens to deck. Cedar walls, ceilings, make room part of the outdoors. Painting, Cecil Casebier.

A rustic house by the sea, inspired by the dunes and wind, and filled with freedom-loving naturals

To live with nature

It all began with the site, an exceptional one on a dune promontory with a panoramic scan of the blue Atlantic. It surveys sunrise to the east, sunset to the west, a sandy beach with swirling surf below and adjoins never-to-be-built-on national park land. To the owners, and to architect Norman Jaffe, it was evident that the house built here must be integral with the land, must not disturb the ecology.

Shaping the house to merge into the coastal bluffs, Jaffe created a dominating roof like the wingspread of a great bird. Spread wide and high, it envelops the four levels of the house, while a triangular deck thrusts oceanward like the prow of a boat. All walls and roof are sheathed in red cedar wood shingles, now weathered to a silvery driftwood gray. The house is anchored in the bluff with concrete pilings.







MARIS SEMEL

To live with nature

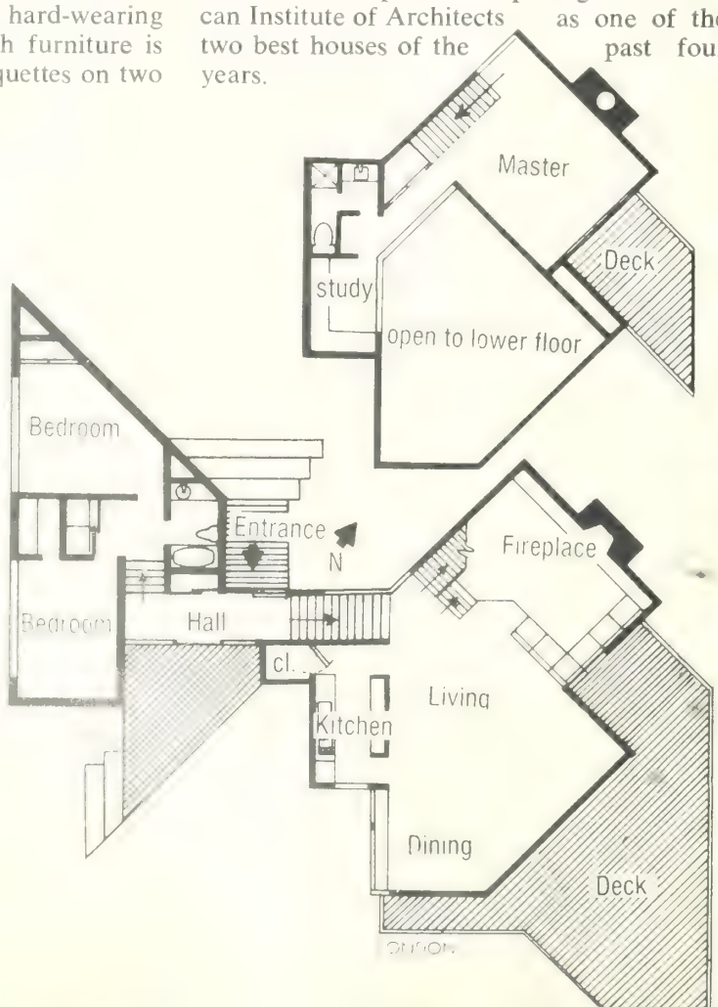
The modest look of the house nestled into the land (view from shore, *above*) doesn't prepare you for the surprise of the interior. Coming up the entrance stair from below you suddenly emerge into a glorious explosion of space—the two-story living-dining room soars up to the roof and opens wide to superb vistas of sky and sea through the entire front wall. The room has great variety, too. The fireplace conversation center, like an inglenook, is a cozy change of pace from the view-catching wicker-chair sitting area and the dining corner. Overhead, the balcony study, with built-in desk and cabinets, is a work area adjoining the master bedroom.

The owners, a couple who weekend at the house year-round, find their greatest joy is the prodigious spaciousness of the living area and the ocean deck beyond. And they've also learned, to their delight, that it is an easy house to run. The wood interior walls need no upkeep, wood floors have a hard-wearing gym-like urethane finish, much furniture is built in. The fireplace has banquettes on two sides, a buffet for china, linen, and silver is hung along one dining area wall, and the white oak dining table is anchored to the floor with a pedestal. Above it, the light fixture, a cedar box with low-wattage bulbs in a chrome panel, was designed by architect Jaffe. The table is by his son Miles. In the wood-ceil-

One great room—all wood, all maintenance free, has a natural kinship with outdoors

inged kitchen, *opposite page, lower right,* a breakfast bar looks out through a sea-view window.

Not only is the house a pleasure to live in, but its design has also been honored by the New York Chapter of the prestigious American Institute of Architects as one of the two best houses of the past four years.

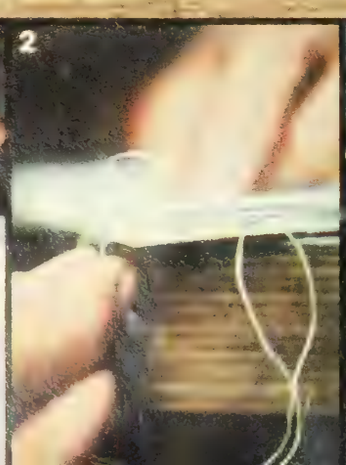


Plan, right: Rooms built on four floor levels leave natural grade of the land undisturbed. Entrance to the house is a glass-walled gallery (level 1). To the right you descend to a self-contained private wing with two bedrooms and bath for the owners' two grown daughters or for guests (level 2). From the entrance gallery you go right, up a stair. Here is the seven-sided living-dining room and adjoining kitchen (level 3). Ascending to the top of the house (level 4), the master bedroom can be opened or closed to living room below.
Right: Fireplace nook, living-dining area beyond.
Opposite page, bottom: Kitchen with sea view.
Above: House in dunes.
Building facts: page 190.



How to be your own bookmaker









BOOK ART

How to create beautiful address books, notebooks, datebooks, and albums—for yourself or as year-round presents

Books may not be on most people's lists of things to make themselves—yet the centuries-old craft of bookbinding lets you do exactly that. The advantages are obvious: You choose the fabric, the paper, the colors, the size—and create a book for the exact purpose you have in mind. You might try a manuscript book in a muted geometric of tiny flowers, or a set of address and notebooks covered to match your bedroom curtains. Or perhaps the favorite fabric of a friend—for books make terrific presents for Christmas and all year-round. Deborah Evetts, who has been making books since she was 14 years old, here shows you her method for the professional flat spine case binding. With a little ingenuity, you can adapt her techniques to making new covers for old books. As an 18th-century French printer wrote: "After the basic necessities of life, nothing is more precious than books."

Step-by-step to your own fabric-bound manuscript book.

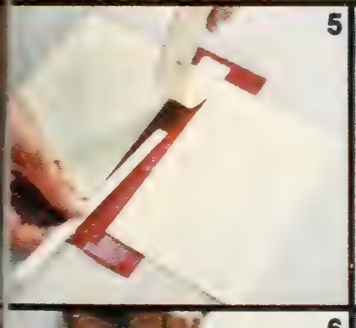
Materials: 1. Writing paper—good quality, easily folded, any color. You can find prefolded notepaper in sizes that make nice books, or choose larger sheets to be folded and trimmed to size. Remember that the paper must be at least twice as wide as the finished width of your book. For large books, such as albums, you may want to scout art-supply stores for paper. **2.** Artist's Bainbridge Board or sturdy cardboard for the cover. **3.** Fabric—any with a weave tight enough to prevent glue from seeping through, such as chintz or polished cotton. Ultrasuede makes beautiful books. **4.** Bookbinding cloth—ask for it at art-supply stores. **5.** Handkerchief linen for spine lining. **6.** Linen or silk buttonhole twist and heavy needle. **7.** Scissors, matte knife, steel ruler, metal or plastic triangle, masking tape, artist's ¾-inch paintbrush, white household glue, wax paper. **8.** Bone paper folder (if your art-supply store does not have this special bookbinding tool, you can substitute a blunt wooden ruler or the dull edge of a table knife. **9.** Large scrap paper for patterns and to glue on (newsprint pages work well).

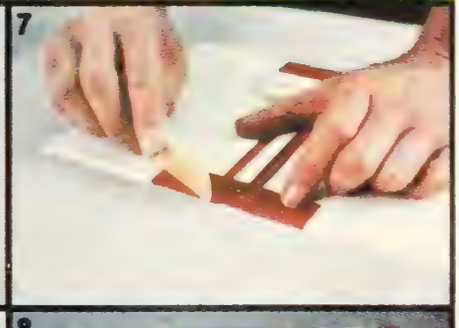


Deborah Evetts at her worktable.

Method: 1. Folding paper to book size: Depending on the size you want your book, some paper will have to be folded only once, others two or three times. Each time you fold, crease the folded edge hard with the bone tool or ruler, then slit to within 1½ inches of the opposite edge. The paper's grain should run parallel to the final fold. When the paper is double the width you want your book, fold once more but do not slit. Never mind if the cut edges are slightly uneven—you'll trim them later. Continue folding and slitting more sheets of paper until you have enough for your book. Separate the sheets (cut slitted edges through) and reassemble into sections for instance, 7 sections of 3 sheets each, or any number you like. *(Continued on page 186)*











Above left: Some of the books you can make yourself, with or without contrasting spine bindings.

Left: Some of the steps in the making of a book—**1.** Cover boards cut. **2 and 3.** Spine stitched. **4.** Completed spine. **5.** Spine spacer removed, replaced with permanent spine strip. **6.** Binding cloth smoothed on outside, and, **7,** on inside of covers. **8.** Cover cloth edges glued on inside of book.

EDWARD OLEKSAK

Live-in plants

How to grow plants where you never could grow them before

TOM YEE



A big glass box

you can build in the corner of any room to create a controlled environment for plants

Here's an ingenious idea to keep plants flourishing despite dry apartment air and a mere half-day's sun, and to provide even a city apartment with a nook like a country porch. It's decorator Sandra Weinstein's greenhouse in reverse—a big glass box set *indoors* around a living-room window—to boost humidity, reflect light, and double as a leafy retreat for studying and dining. To create this room-within-a-room, Mrs. Weinstein used 4-foot-wide ceiling-high stock windows, with French doors for access and ventilation. A waterproof polyurethane finish protects the wood floor. "We've had wonderful success with our plants," she says. "Partly because the glass keeps moisture in, and partly because we've learned to choose plants that need minimum care [see list]." More tips: The Weinsteins keep their apartment cool, about 68 degrees. Watering is done once a week in winter, twice a week in summer, with twice-weekly misting. Fish emulsion is added to the watering can once a month, a teaspoon to a gallon. No pesticides: "The plants stay so healthy, there's no need." Cymbidium orchids thrive from January to October, then are sent to a really cool greenhouse to set buds. Other flowers come and go in season—poinsettias plus cyclamen, amaryllis, gloxinias—"and the house smells heavenly with paperwhite narcissus all winter. We buy dozens and dozens of bulbs, keep them in an extra refrigerator, and plant some in gravel every three weeks for continuous bloom."





Opposite page: "A garden room" plunked in a living room," is how Sandra Weinstein describes the 12-by-12-foot conservatory she created by enclosing a large east window with French doors and windows. **Above:** The plant corner, used as a study. **Left:** Dining in the

freestanding box. Structure is set 18 inches from far wall for the look of a real glass greenhouse. All-around greenery comes with hanging plants suspended from ceiling hooks and wall rings. Their glass pots were salvaged from a huge Victorian chandelier, with holes corked except for occasional drainage.

EASY-TO-GROW PLANTS

LARGE TO MEDIUM
Dieffenbachia (Dumbcane)
Dracaena fragrans massangeana (corn plant)
Ficus benjamina
Howea forsteriana (Kentia palm)
Philodendron selloum
Spathiphyllum
HANGING
Chlorophytum comosum (Spider plant)
Cissus antarctica (Kangaroo vine)
Cissus rhombifolia (Grape ivy)



Jacqueline Hériteau, author of garden books. Latest: *The Office Gardener* (Hawthorn).

LIVE-IN PLANTS

Radiator gardens

What to do if your brightest windowsill is above a heat source

If your rooms, like this city office, have window radiators under the only sources of fresh air and light—a little ingenuity can still turn the windows into lush gardens. Garden writer Jacqueline Hériteau created one window garden with a clear plastic baffle to deflect heat into the room. In the other, she buffered the heat with a trayful of moist pebbles to create the healthy humidity her plants love. Now she can work surrounded by her own tiny woodland corner with 7 kinds of ferns plus African violets, ivy, and wax begonias. "Ferns like a bit of a cool breeze, but violets do not, so I tuck them low among the ferns. I mist several times a day."



Clear shield to deflect warm air

Left and above: A see-through shield solved the dilemma of how to grow plants on a windowsill that is also a hot-air vent. A Lucite panel set on three wedge-shaped pieces attached with epoxy glue creates a baffle, deflecting the heat out into the room instead of up into the plants. Now the windowsill is cool enough for wax begonias and a collection of ivy. Above them, Boston and Polypodium ferns thrive in plastic hemispheres—"These are wonderfully practical because you can see just when and how much to water." They hang from a curtain rod on almost invisible 40-pound test nylon fishing line; holes are poked with hot knitting needle.

CITY WOODLAND

Adiantum caudatum (Maidenhair fern)
Asplenium bulbiferum (Mother fern)
Blechnum gibbum (Rib fern)
Pellaea rotundifolia (Button fern)
Polypodium aureum (Hare's foot fern)

plus

Begonia semperflorens (Wax begonia)
Hedera helix (English ivy)
Saintpaulia (African violet)

"Growing ferns indoors is not so difficult," Miss Hériteau says, "if you can keep the temperature between 55-70 degrees, with a relatively high humidity." Cooler air holds the moisture more efficiently. "Good drainage is also a must for ferns, and the root area must never dry out completely." She uses potting soil (Hyponex), vermiculite, and sand in about equal proportions, and feeds with Hyponex fertilizer at half strength every 10 days or so. More tips: "Watering should be a plant's happy hour, so take time to do it intelligently. Overwatering is the greatest weakness of beginning gardeners, but if you do happen to overdo, a kitchen baster is useful in drawing off excess water from the top of a pot or saucer." She also has a trick for keeping clay saucers from seeping and staining wooden sills, desks, and floors. "Waterproof them with several coats of clear nail polish painted on the bottom. You can stick a piece of felt on with the last coat—that makes the saucer scratchproof, too." Fresh air and misting, she finds, discourage red spider mite (a common problem with ivy), "but a spraying with Isotox takes care of them. Scale can trouble ferns, ficus, and palms. Malathion helps, and also fights mealy bugs and aphids." A good way to spray infested plants is to cover them with clear plastic tents (tape cleaners' bags together for big plants), make an opening, and "spray the plant rather than the room. Leave the tent on for at least an hour." To clean plants, she uses a wet paper towel; "for palms I use a feather duster."





MARNA SHIRE

Left: Photographic slide box filled with moist vermiculite serves as propagating box for baby ferns.



Elevated tray to hold moist pebbles

Above and right: Propped on wood blocks, a pebble-filled tray on a windowsill vent insulates ferns and other plants from the heat. The most delicate of the ferns, maidenhair, is set even higher on an up-ended flowerpot. Miss Hériteau keeps the pebbles moist with 3 quarts of water every 2 days. The galvanized tin tray was made to fit the windowsill and hold about an inch of moist pebbles, a cooling base for African violets, ivy, and five ferns. Front row: Blechnum gibbum, Pellaea rotundifolia, and Polypodium aureum. Back row: Adiantum caudatum (the maidenhair set high on up-ended pot), and Asplenium bulbiferum (mother fern).

...PLANTS

...lanters, mirrors, lights

...o help you
decorate with plants
where you weren't
sure you could



Linda Trinkle Wolf, designer and head of New York horticultural design firm, Interiors That Grow.

"Plants are living things, not mere ornaments, but they can be part of effective decorating," says Linda Trinkle Wolf, plant expert. "Choosing them is like choosing furniture or accessories—think of proportion and style. Even in dark rooms and with low-maintenance plants [see list], you can get exciting variations in shape, texture, and color." She often combines round with ribbony foliage, or leathery with feathery, and may light plants in a dark corner with artificial light or add the surprise of a white-striped or dappled plant. Her approach is that of an interior designer and her what-where-and-how plant advice is sought by decorators and architects. She also offers personal consultations. She feels the right plant deserves the right container—"and they must be practical. When I design one, it is waterproof and can glide to where the sun is." Baskets are compatible with most plants, she finds, and with most styles in decorating. Tip: When you buy a basket, allow space inside for air, easy lifting, and a waterproof saucer. Measure the height and *outside* diameter of the pot and allow about 2 inches all around; to conceal the rim, allow at least 1 inch above the top of the pot.

TOM







Planters that suit the plant, the room, and the light

Above and **right:** For a desert-beige room with south and east light, Mrs. Wolf chose desert plants and covered the containers with washable Ultrasuede. **Far right:** Glittering hexagonal planters bounce light and view, make small plants important as trees. **Opposite page:** White pedestal-planter lifts wide Philodendron selloum. Rooms by Michael de Santis.





DE HAVEN

LARGE
Chamaedorea erumpens (Bamboo palm)
Dieffenbachia (Dumbcane)
Dracaena marginata
Euphorbia tirucalli (Pencil tree)
MEDIUM TO SMALL
Agleonema (Chinese evergreen)
Chamaedorea elegans 'bella' (Dwarf parlor palm)
Chlorophytum comosum (Spider plant)
Cissus antarctica (Kangaroo vine)
Cissus rhombifolia (Grape ivy)
Dracaena deremensis 'Warneckei' and 'Janet Craig'
Euphorbia lactea cristata (Elkhorn cactus)
Echinocactus sp. (Barrel cactus)
Howea orsteriana (Kentia palm)
Philodendron selloum
Sansevieria (Snake plant)
Spathiphyllum
Tolmiea menziesii (Piggyback)

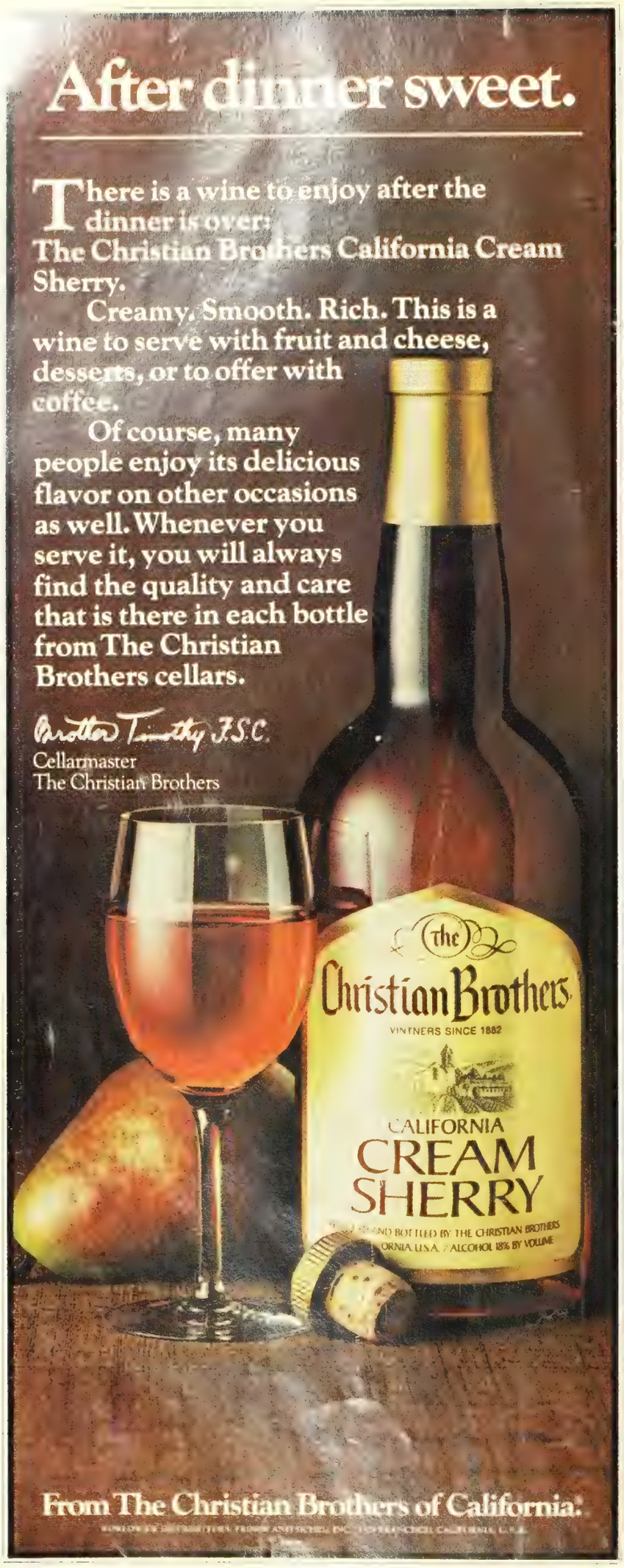


Mirrors and plant lights for gardens without sun

Above and right: With all the ndoor gardening know-how available today, you can have gardens even in rooms so dim you thought nothing would grow. In a second-floor apartment with windows that open to the wall of another building, for instance, mirrored shutters bounce around all available light. "I love to garden but couldn't get anything to grow here," says Joan T. Julius, "before Linda Wolf gave us indoor sunshine." All it took was a swiveling 200-watt ceiling floodlight plus two 150-watt Durolite Plant Lites on dimmers for softer effects at night. The mirrored shutters, which can open for ventilation were made by Mr. Julius.
By reflecting the plants and the lights that maintain them, they give the illusion of a leafy view. Some plants are in floor planters Mrs. Wolf designed, others in glittering chrome or macramé hanging baskets. Mrs. Julius keeps plants happy by misting daily, watering as needed, and using soluble Peter's Special plant food (15-30-15) every other week. Her pet is a billowing asparagus fern that she treats to a good soak in the bathtub three times a week.

Below: For another dining room with dark curtains and walls and limited space, the problem was how to choose and group a few plants for maximum effect. A mirrored wall makes the few like many. All are raised on small stools or upended baskets to free the traffic lane behind the table and chairs. Mrs. Wolf added variety with pink-and-white caladiums, striped sansevieria, and white-flowering spathiphyllum.





continued from page 146

Decide before the packers come what you want them to pack and what you will pack yourself. They will bring cartons and packing materials (with refunds for what you don't use). When they pack, they seal and label the carton for easier unloading at the other end. It can be helpful to photograph and list what is packed, so you know what and where everything is. (This is particularly helpful if you plan to store some of your belongings for a period of time.)

If you pack yourself, your mover will supply cartons and packing materials at cost. Movers are not necessarily insured for what *you* pack, so think twice about packing treasured items, unless you are an expert. You may save money packing yourself, but if your things get damaged, the money saved is wasted.

When all the packing is completed, count the cartons before they are loaded on the truck so you know how many to expect at your new place.

What happens at the other end. On an interstate move, the driver is not authorized to unload your shipment until he is paid—by cash, traveler's check, money order, or certified check. Twenty-four hours before the driver arrives, he will call to tell you when he's coming and how much money to have ready. You must be prepared to pay the estimate plus 10 percent, prior to unloading. If the bill comes to more than that, you have 15 days to pay; if less, the originating office will reimburse you. (The final cost of the move is established by the driver's weighing the shipment at a weighing station, after he has loaded the truck with your goods.)

If you want professional unpacking, the driver must find helpers. (Only the driver travels the whole interstate move from A to B; he picks up his help locally.) One great advantage of professional unpacking is that the unpackers take away all the wrapping and cartons, so you don't have to worry about disposing of them. When the driver arrives, count the cartons as they are unloaded, and check for damage or loss. If anything is missing, or broken, or damaged in any way, mark it down on the inventory before you sign, then file a claim.

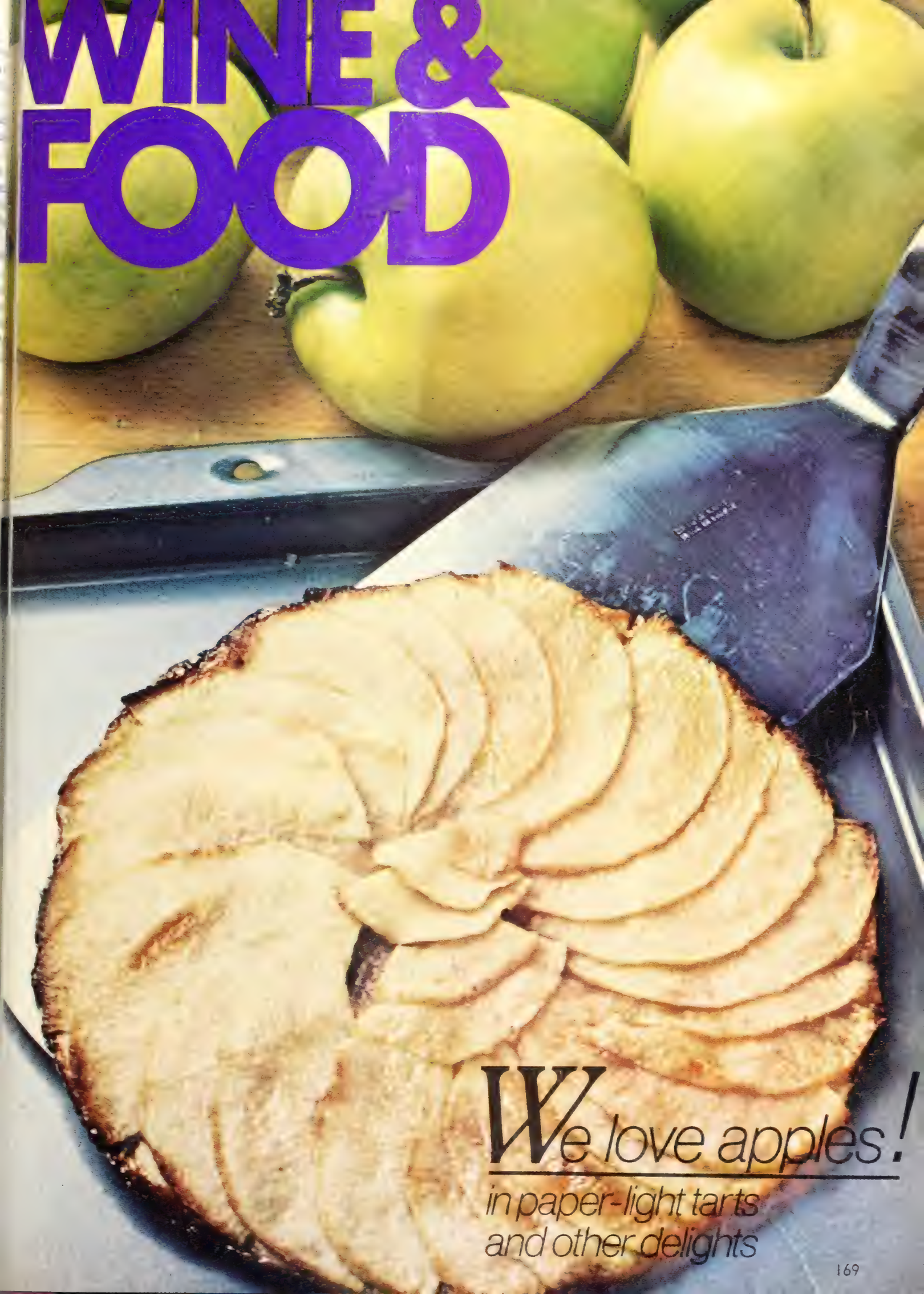
The mover will send a claims inspector to check the loss or damage, and bring in a repairman. If something is lost, you will receive a cash refund. Settlement of claims should be quite speedy: The Mayflower record in recent years, for instance, is that claims are settled within 30 days.

All these rules are governed by the Interstate Commerce Commission, and do not apply to local moves. Since local moves are charged by the hour, you will be billed at the end, when they have worked out how long it took. As with an interstate move, you *can* pay a deposit before the move takes place, if you wish.

Continued on page 191

SUSAN WOOD

WINE & FOOD



We love apples!

in paper-light tarts and other delights

Flatter your filet!
Dramatize your dessert!
Glorify your goulash!



Compliment everything you cook, with the new Pyrex Fireside Collection. It does everything Pyrex ware does. But looks a lot better doing it.

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CORNING

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We love apples

Cooked, baked, or eaten out of hand, apples are one of the most seductive of fruits. Here are some new and delicious ideas for serving apples—from an apple tart in a new, paper-thin guise to apples cooked with onions to accompany pork. By Jane Ellis

Quick tips For calorie counters who crave a treat, remember a medium apple (2½ inches in diameter) is only 90 calories.

■ Count on about 3 medium apples to a pound. One pound of unpeeled apples yields about 3 cups of peeled, sliced, or diced fruit.

■ To keep apples from discoloring, place slices in a pan of cold water with a ½ inch of salt for each whole apple used. Or sprinkle generously with fresh lemon juice.

■ Use apple peelings to remove discoloration from aluminum utensils by boiling peels in utensils for 15 minutes.

■ Combine two or three apple varieties for a quick, uncooked applesauce. Pare, core, and cut coarsely, and put in a blender or food processor with a little apple juice to moisten.

■ Spread apple slices with peanut butter for a children's snack or dip Granny Smith slices in honey and roll in granola or chopped nuts.

■ Use apples as candleholders: remove core from stem end leaving a little fruit at base. Insert candle and surround with leaves.

■ Use thin slices of apple between potato slices to add a new taste to scalloped potatoes.

■ Fold homemade applesauce plus a touch of cinnamon into egg mixture for an omelette.

■ Have a cold, poached apple for breakfast. Poach it in cider and season it with cinnamon.

■ Purée equal parts grated apple and plain yogurt in blender for a quick soup.

■ Stir pared apple cubes into cornbread or gingerbread batter before baking.

■ Use apples for a fruit mousse. Substitute a fine apple purée in a mousse recipe that is made with a custard base and whipped heavy cream. Refrigerate for 4-5 hours to be sure it unmolds successfully. *Joe Famularo, author of "The Festive Famularo Kitchen" (Atheneum).*

■ Banana, persimmon, and apple dessert: Peel, core, cut 2 small apples in sixths; bake in buttered dish at 350° ½ hour. Add sliced banana, 2 tablespoons rum, pulp of 1 ripe persimmon. Sprinkle with brown sugar, bake 30 minutes at 300°. *José Wilson, food and wine writer.*

■ Serve grated raw apple with lemon juice or add 1 part horseradish to 4 parts applesauce with pork roast. *Emerick Bronson, photographer.*

■ Apples and onions: Sauté very slowly McIntosh or Granny Smith apples cut in rounds with an equal amount of thinly sliced purple onions in butter until very soft and caramely. Serve with pork chops or duck. *Fayal Greene, food writer.*

■ To give a perfume to the house, boil apples in water, says Mrs. Paul Mellon, who uses the trick to give a fresh scent to a newly opened, musty house.

■ For a delicious apple-egg dessert, fry apple slices in butter and brown sugar in an iron skillet until they are a little brown and caramelized. Beat eggs with nutmeg until frothy. Add a handful of raisins and pour over apples. Cover and cook on top of the stove until set. Serve warm with cream. *Jane Jackson, artist.*

Continued on page 176



Thin apple tart

From Le Coup de Fusil

INGREDIENTS

½ pound puff pastry (you can buy it in good pastry shops or make it yourself) or use Pepperidge Farms Patty Shells
6 Golden Delicious apples (1 per serving)
Sugar
Sweet butter

METHOD

Take the puff pastry and roll out on a floured board as thin as possible. Put a plate, about 5- or 6-inch diameter, upside down on the dough and cut around it into the dough with a sharp knife. Repeat until all the dough is used. There will be plenty for 6 tarts. Place each on a baking sheet.

Peel apples leaving them whole. Core, then cut in 2. Lay ½ the apple flat on a board and cut into very, very thin slices. Repeat with second ½. Then lay all slices of each apple, one by one, in a circular pattern on the dough circles.

Sprinkle generously with sugar, dot with butter, and bake in a preheated 450° oven 10 minutes. Serves 6.

Carrot and apple purée

From Abby Mandel, a Chicago cooking school teacher

INGREDIENTS

2 pounds carrots, peeled, cut in 2-inch lengths
¼ cup parsley leaves
1 large tart apple, peeled, cored, quartered
3 tablespoons butter, softened (optional)
½ teaspoon freshly grated nutmeg
Salt
Freshly ground black pepper

METHOD

Cook carrots until very tender in a pot of boiling water. Drain well on paper towels.

Mince parsley with steel knife in a food processor. Set aside for garnish.

Chop apple quarters until minced. Add carrots in 2 batches, processing each with 2 quick on off turns, then let machine run until mixture is puréed, about 10 seconds. Add butter, seasonings to taste; process 1 second. Place in buttered ovenproof dish. This can be prepared in advance.

Place dish in a pan of water; bring to a boil on top of the stove. Bake in 350° oven 40 minutes, covered with buttered parchment paper or microwave on high for 2 minutes, covered with plastic wrap. Sprinkle with parsley before serving. Serves 8.


Cook on



Artichoke salad

1 artichoke per person
Lemon juice
Boston lettuce leaves
1 tomato per person, peeled, sliced thin, seeded, and diced
Basil, parsley, or chives, finely chopped
Julienned truffle (optional)
Vinaigrette

Boil the artichokes in salted water for 20 minutes. Drain and cool. Remove leaves, take out choke, and trim the bottoms. Dip in lemon juice to prevent discoloration.

On a plate or platter, arrange a few lettuce leaves. Slice artichoke bottoms very thinly and spread out on 1 side of the lettuce. Place cubed tomato on the other side. Sprinkle with herbs, julienned truffle, and some vinaigrette. 150 calories per serving. *(More recipes, page 184)*

A restaurant that features both *cuisine minceur* and *la nouvelle cuisine* on its menu? A cooking school that teaches the dishes of both? Is there any difference between the two? "Oh, yes, a great difference," states Marina de Brantes, owner of Le Coup de Fusil (the New York restaurant in question), and caterer-teacher of her catering service-cooking school, B.A.C.I., just upstairs from the restaurant. She is also wife of Count Guy de Brantes, sister-in-law to Valery Giscard d'Estaing, the French president, mother of three children (one of whom assisted the chef, Patrick Clark, at lunch as a summer job), and a Frenchwoman in the front ranks of the new cooking revolution. "The cooking methods for the slim cuisine (*minceur*) and the new French food (*nouvelle*) are the same, but in slim cooking there are no additions—no butter, no cream—only the meat, fish, vegetables, and herbs." For *nouvelle cuisine* everything is undercooked, so all the flavors of the food come to the surface: vegetables are boiled with lots of salt in the water to turn them very green and immediately refreshed in ice water to hold the color and stop the cooking. Nothing is actually *cooked* with butter or cream. Flour is never used to thicken a sauce, only vegetable purées, and then butter or cream stirred in at the last moment for a smooth richness without being heavy. "In France, anything uncooked is considered light." A sauce goes on the plate first, under the food. It moistens the food from underneath, yet the dish remains crisp-looking and fresh. The presentation of a dish is as important as the taste. "It must first look pretty so that you want to taste it, and when you taste it, it is also very good." Marina de Brantes experiments with food combinations and tries out arrangements of food on her restaurant's plates (by Villeroy & Boch, they have a green and white lattice border and a basket of fruit in the center). For the fall, Le Coup de Fusil has a dish of tiny, tiny partridges and quail surrounded by fall fruits—apples and pears—all turned (a cooking term meaning pieces of fruit or vegetable that have been carved into olive shapes). "It's delightful to look at and it's delicious, but it's the look that's important." A pretty plate helps, too: "Color on plates will pick up the color of the food. On all white, it will be pretty, too, but you will have to work harder on the presentation." Countess de Brantes first learned to cook from her father, a dedicated amateur who cooked with all the great French chefs. Now, she teaches her students the new French cooking with great success. "Some that couldn't cook at all now do dinners for 12 or 20 by themselves." Women who come to the 10 A.M. and 2 P.M. classes want to learn dishes for entertaining they can do totally ahead of time. The dessert the day before, appetizer in the morning, and main course in the afternoon. "Men and working women who come to my 6 P.M. class want to prepare all the ingredients the day before to store in the refrigerator, and whip up the dish at the last minute." Marina de Brantes also holds children's classes. "They have no bad habits and learn quickly. Teaching children is what I really like to do. I taught my own three, and whenever they are home from school, they help with the catering."

Opposite page top, left to right: Artichoke salad (see recipe, left). Lemon galette: a circle of pâte brisée, a coating of tart lemon custard. Asparagus and quail egg salad: shredded lettuce as nest for eggs. **This page, top:** Patrick Clark, chef of Le Coup de Fusil and assistant teacher, with Marina de Brantes explaining a technique. **Below:** The restaurant has a bistro atmosphere: Etched glass and service plates show crossed dueling pistols alluding to the name, Le Coup de Fusil, which means gun shot. **Opposite page, left:** Countess de Brantes shows finished dish for class. "Romantic" sea scallops up close: a springtime fantasy of asparagus standing in a basket of cucumber with turned vegetables.

Calorie-shy salads, main dishes, pretty desserts, from a restaurant cooking school that specializes in modern French recipes

the light side



SUSAN WOOD

A kitchen buffet of make-ahead food for organized entertaining that's easy on the budget

Ready, set, party.





Planning ahead and sharing the work is the secret for making party-giving a pleasure for a couple with two jobs and two houses. "I always plan menus so that at least two out of three courses can be made ahead of time, and even the salad and any necessary chopping is done the night before," says Clorinda Gorman (she's Clorinda Whitcomb, the interior designer), who is in charge of cooking on weekdays in the Gormans' streamlined city apartment. When they're planning a party in their country kitchen, on these pages, Edward Gorman, a retail marketing executive, is at the stove. But whoever skims the pots, the party strategy is the same: to cook ahead—one or two days at least. For the kitchen buffet, *opposite page*, only the cake was made and iced on the same day by Edward, using a favorite recipe of his mother, and the fish assembled and poached at the last minute.

Great aid to party giving in the Gormans' country house is their renovated kitchen. Each detail from the zigzag counter to the open storage was designed by Clorinda so two can work side by side without getting in each other's way. When he cooks, she serves, sets the table, and clears up and vice versa for companionable entertaining. "I find that if I wash the salad greens the night before and put them in a salad bowl covered with wax paper that has been moistened on the underside, the salad keeps perfectly, too. Bring it to room temperature before tossing with dressing—tastes as good to me as a just-made salad." They like to start with a fish course, a mousse or fillets, done in all manner of ways. The main course is usually one that doesn't require a side dish of vegetables, but includes them, as in Edward's Le Stew, with potatoes, carrots, onions, and beans.

Have a main dish like Le Stew that doesn't need vegetables on the side

Everything in the kitchen is planned for easy maintenance. The Mexican clay tile floor can be easily swept and vacuumed. The satiny countertops made from old oak stair treads just need a wipe. Dishwasher, stove, garbage containers are all within easy reach of each other. Storage is tailored to contents with no wasted space. Shelves are exactly plate or glass width, with everything stacked by pattern and size. They are open on the kitchen side, and have doors on the dining room side. Each cupboard is below waist height; "no up-top cupboards—they're depressing and block light," says Mrs. Gorman, who picks bright, sunshine colors for her kitchen as she does for her own clothes and most of her decorating projects. For the Gormans' recipes, turn to page 179.

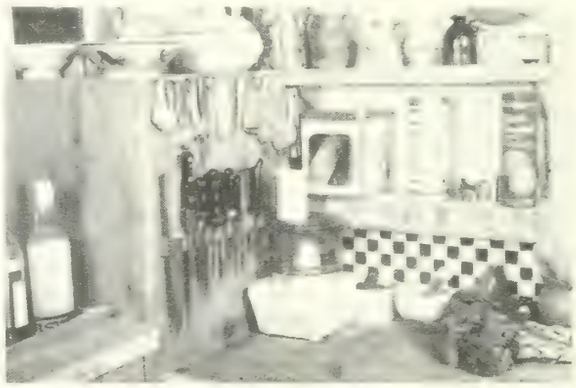
Kitchen Buffet

Poached Long Island Flounder with Mill Hill House sauce

Le Stew

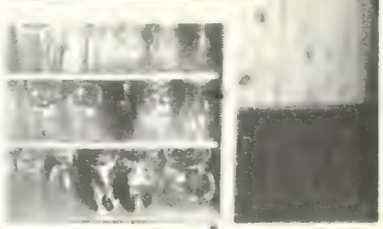
Salad

Bessie Gorman's 1-2-3-4 cake

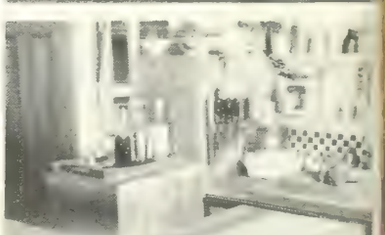


Plan menus so that two or three courses can be cooked ahead



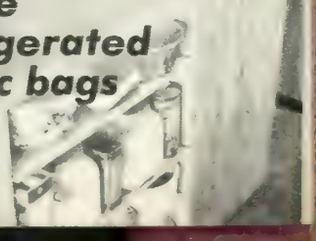






Clorinda Gorman, seen in her study, **top left,** and **below,** Edward Gorman, mixing up a batch of Three Mile Harbor punch in the kitchen, see recipe, page 179, wanted warmth and cheerfulness in their kitchen. Bright yellow walls show off the beams, and white pine floorboard, used for cabinets. Kitchen eye-level storage, **above,** is on open shelves. On the dining room side of kitchen, **left,** bar storage is open, but china cupboards have doors, **right.** Zigzag 40-inch-high counter holds easy-to-reach cooking equipment, **bottom right,** and also provides a perfect, accessible setup for a party buffet, **opposite page.** On sunny days, lunch is served on the deck, **inset opposite,** where lettuces and herbs grow in boxes

Vegetables chopped the night before keep well refrigerated in sealed plastic bags





■ Make applesauce with white wine instead of water. It gives an extra, lovely flavor for fruit tarts. *Emalee Chapman, who teaches cooking in San Francisco.*

■ Poach apple slices in orange juice—add some grating of orange zest and a handful of raisins to puff up in the juice. Use for pies or as they are with a little sprinkle of sugar. *Jackie Mallorca of Williams-Sonoma in San Francisco.*

■ Crabapple jelly: Mix ripe and unripe crabapples, half and half. Ripe ones give color, green add pectin. Cut in hunks, barely cover with water. Simmer ½ hour. Strain through jelly bag overnight. Cook equal parts sugar and juice until jelly sheets off a spoon. If jelly doesn't take, add 1 tablespoon lemon juice to each cup jelly, recook. Add rosemary twig or a rose geranium leaf, pour hot jelly over. Seal. *Emerick Bronson.*

■ For a delicious apple-egg dessert, fry apple slices in butter and brown sugar in an iron skillet until they are a little brown and caramelized. Beat eggs with nutmeg until frothy. Add a handful of raisins and pour over apples. Cover and cook on top of the stove until set. Serve warm with cream. *Jane Jackson.*

■ Apples freeze well, keeping flavor and color, are good to have for off-season applesauce and pies. Wash apples, peel, cut in 4 pieces. Cut out core, slice each quarter into 3 slices. Pack in a clean, 2-quart milk carton, leaving room to close carton. Fold over top and tape or tie closed. Freeze at coldest temperature your freezer will reach. *Edna Lewis, author of "A Taste of Country Cooking" (Knopf)*

German Apfelkuchen

From Bunny Dell, who teaches international cooking in Teaneck, N.J.

INGREDIENTS

2 pounds tart apples, peeled, cored, and cut into thick slices
⅓ cup Calvados (apple brandy)
Juice of ½ lemon
¾ cup flour
½ cup sugar
½ cup brown sugar
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
¼ teaspoon salt
½ cup (1 stick) sweet butter

METHOD

☐ Prepare apples and marinate in Calvados and lemon juice ½ hour.

☐ In a large bowl, blend the remaining ingredients with fingertips until mixture is in large crumbs.

☐ Arrange apple slices in an oven dish, adding brandy marinade.

☐ Sprinkle crumb mixture over; bake, covered, in preheated 350° oven 30 minutes. Uncover, bake 30 minutes.

Fried Chinese apples

From Maurice Moore-Betty

INGREDIENTS

3 hard, sweet, and juicy apples, unblemished (about 1½-1¾ pounds)
Lemon juice
1 cup cornstarch, sifted
Vegetable oil for deep frying
1½ cups granulated sugar
2½ cups hot water
1 teaspoon red wine vinegar

METHOD

☐ Peel, core apples. Quarter, cut each piece in half, making 8 pieces. Sprinkle with lemon juice to prevent discoloration.

☐ Sift cornstarch into a bowl and coat each piece of apple thoroughly with it. Pour oil into a heavy pan to a depth of 4 inches and heat to 375°. While it's heating, coat a serving dish lightly with oil.

☐ In a second pan, dissolve sugar in water over low heat. Bring to a boil and cook till 280° is reached on a candy thermometer. Add vinegar.

☐ Meanwhile, drop apple pieces into hot oil and cook 7-8 minutes. Drop apple slices into syrup, coat thoroughly. Lift out with tongs, arrange on oiled serving dish.

☐ To serve: Drop each candy-coated apple slice into a bowl of iced water before eating. Serves 6-8.

Apples baked in a crust

From Emalee Chapman

INGREDIENTS

6 apples, peeled, and cored
Butter, softened
Pastry dough, made with butter and sugar
Brown sugar
White Sugar
Orange juice

METHOD

☐ Rub apples generously with butter. Roll out pastry and cut in long, 1-inch-wide strips. Wrap around apples on a diagonal covering whole apple except core.

☐ Fill core with butter and half brown/half white sugar. Add a little orange juice to moisten. Cook in a preheated 375°-400° oven 20 minutes to start crust browning, lower heat to 325° and bake until apples are cooked through. Baste with orange juice and sugary mixture to make a browned, glazed crust. Serves 6.

Apple cake

(Gateau Zeezine) From Maybelle Iribe, author with Barbara Wilder of Pâtés for Kings and Commoners *(Hawthorn)*

INGREDIENTS

½ cup cornstarch
¾ cup flour
⅔ cup sugar
2 teaspoons vanilla sugar or 1 teaspoon vanilla extract
1 teaspoon baking powder
Pinch salt
3 eggs, beaten as for an omelette
3-4 tablespoons milk
1 stick plus 1 tablespoon butter, melted, then cooled
4 apples, peeled, cored, and cut into ½-inch-thick slices

METHOD

☐ Mix all dry ingredients in a bowl thoroughly. Add eggs and vanilla extract if that's what you're using, and blend, then add milk and melted butter. Work into a smooth batter. Pour into a mold—such as a 9-inch soufflé dish. Poke apple slices into batter, making a circle of them 1 inch inside rim of dish, then fill in the center. Bake in a preheated 350° oven 35-40 minutes or until cake tester comes out clean. Serves 8-10.

Upside-down apple tart

(Tarte Tatin) From Isabel Marique, who teaches cooking in New York

INGREDIENTS

5-6 medium Golden Delicious apples
8 tablespoons butter, softened
1 cup sugar
2 tablespoons rum
1 teaspoon vanilla extract
½ pound short pastry, rolled out into a 10-inch circle ⅛-inch thick (recipe below)

METHOD

☐ Core, peel, and slice apples in circles. Press butter in the bottom of an 8-inch-round, 3- to 4-inch-high copper or cast-iron saucepan.

☐ Sprinkle sugar over the butter, then arrange sliced apples vertically (standing on end) in a circle, keeping them very close together. Place the ends of the apples in the middle.

☐ Pour rum and vanilla over apples. Cook on very low heat until butter and sugar have melted.

☐ Increase heat to medium high and boil until syrup starts to caramelize lightly, about 45-50 minutes.

☐ Place dough over the apples, and arrange its edges to stand against the sides of the saucepan for about 1 inch. Prick dough with a fork.

☐ Bake about 20-25 minutes in a preheated 425° oven. Unmold the tart onto a serving dish. Serve warm. Serves 6.

Short pastry for tart

(Pâté Brisé)

INGREDIENTS

2-3 tablespoons cold water
¼ teaspoon salt
1 egg
6 tablespoons butter, chilled and softened with a rolling pin
3 tablespoons white shortening
1⅓ cups all-purpose flour

METHOD

☐ Place 2 tablespoons of the water, salt, egg, butter, shortening in mixing bowl.

☐ Add flour and gather the dough by making a circular motion in the bowl with the fingertips open and straight. Use caution with the reserved water: Sprinkle it on a bit at a time if dough is too dry, until it holds together in a mass and the dough cleans the sides of the bowl.

☐ Lightly flour a board and form dough into a ball. Wrap in plastic wrap and let rest for 1-2 hours in the refrigerator or overnight. Makes enough pastry for the upside-down tart. ■

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eady, set, party
ontinued from page 174

Three Mile Harbor punch

INGREDIENTS
ounces light rum
ounces golden rum
ounces Myers's dark rum
small can Orange Plus, prepared according to package directions
ounces pineapple juice
uice of 1 lemon
lint sprigs

METHOD
] Mix together the 3 rums in a pitcher. n another pitcher add the Orange Plus, ineapple juice, and lemon juice.
] Pour rum mixture into a tall glass, add ce cubes and juice mixture. Stir, garnish with mint sprigs. Makes 4 drinks.

Poached Long Island flounder

INGREDIENTS
4 flounder fillets
Bay leaf
Peppercorns, kosher salt
1 carrot, chopped
1 celery stalk, chopped
1 small onion, chopped
5 cloves
¼ cup white wine
¼ cup water
Mill Hill House sauce

METHOD
☐ Arrange fillets in an ovenproof dish. Season with bay leaf, peppercorns, and kosher salt. Scatter over the carrot, celery, and onion. Add cloves. Pour over the wine and water. Cover with buttered wax paper.
☐ Poach in a 350° oven for 15 minutes. Arrange on hot serving dish. Serve with Mill Hill House sauce. Serves 4.

Mill Hill House sauce

INGREDIENTS
1 cup milk
1 cup vegetable cooking liquid from "Le Stew" vegetables
½ small onion, finely minced
4 tablespoons butter
3 tablespoons flour
1 teaspoon dry mustard combined with 1 tablespoon water

METHOD
☐ In a saucepan combine milk and cooking liquid. Bring to a boil.
☐ In a large skillet, sauté the onion in the butter. Do not brown. Stir in flour, add hot milk mixture gradually, stir until smooth. Simmer 15 minutes, stirring occasionally. Strain.
☐ Stir mustard mixture into sauce. Serve with flounder fillets. Makes about 2 cups.

Le stew

For best results, start 2 days ahead of serving. Or the stew can be prepared all at once and is delicious. In that case you do no storing, just work your way through the recipe.

INGREDIENTS
2½ pounds stew beef (chuck)
8 shallots, minced
Kosher salt, pepper
4 ounces cognac
Italian parsley, chopped
4 cups beef bouillon
2 good handfuls green beans
6 average sized carrots
14 white onions, slightly smaller than Ping-Pong balls
4 fair-sized potatoes
½ teaspoon dry mustard
1½ cups red wine
12 large mushrooms

METHOD
☐ Remove gristle and suet from beef and cut into large bite-size chunks. Render suet portions in a heavy enameled or iron pot on top of the stove. Add shallots and sauté a few minutes until wilted. Add beef chunks and brown on all sides. Season to taste with salt and pepper. When beef is brown, turn off heat, add cognac, flame. After flaming, add a small handful of chopped Italian parsley. Add bouillon, cover, and put pot in a preheated 300° oven. Cook 1 hour.
☐ While beef cooks, prepare the vegetables. First, clean, trim, and cut the beans into 2¼-inch lengths. Drop into a small pot of salted boiling water (not much water) and cook until almost done. Remove, drain, and hold the beans. Reserve the cooking water for the carrots, which have been cleaned, scraped, and sliced into ⅛ inch thick discs.
☐ Add carrots to the boiling reserved cooking water, add a little more salt and water if needed, and again cook until slightly less than done. Next, cook onions in the same water while the carrots cool. Last the potatoes, peeled and chunked to good bite size. For the potatoes, add dry mustard to the cooking water. Again, cook potatoes less than all the way. Reserve vegetable cooking water. When vegetables are cool, store in individual containers or plastic bags for use 2 days later, or longer (within reason).
☐ When beef has cooked 1 hour, add red wine and cook another 20 minutes. Add the reserved cooking water from vegetables, about 1 cup. If you end up with more than a cup, reduce it by boiling or use it in Mill Hill House sauce. Altogether the beef should cook some 2 hours. Cool and refrigerate for 48 hours or more.
☐ The evening of serving, heat the beef in a 300° oven in a table-going dish. While the beef is heating, slice and salt the mushrooms. Place the vegetables and mushrooms in clusters on top of the beef, in a circle, potatoes in the center.
☐ Replace casserole in the oven for about 15 minutes. No more. That will be enough to cook the mushrooms and still keep them firm and complete the cooking of the other vegetables.
☐ Place the dish steaming on your table and serve proudly. It handles 4 really hungry, very hearty eaters, and is probably about right for 6.

Bessie Gorman's 1-2-3-4 cake

INGREDIENTS
3 cups cake flour
3 teaspoons baking powder
½ teaspoon salt
1 cup butter, softened
2 cups sugar
4 eggs
1 cup milk
1 teaspoon vanilla

METHOD
☐ Measure all ingredients ahead to make it very simple. Butter and flour three 9-inch cake pans. Sift flour with baking powder and salt.
☐ Cream butter with an electric beater gradually adding sugar until mixture is light and fluffy.
☐ Add the four eggs, one at a time, to creamed mixture beating well after each addition.
☐ Add the flour mixture alternating with milk and beating after each addition until smooth. Add the vanilla and beat mixture again.
☐ Pour batter into cake and pans, making sure it is divided evenly and that it is smooth on top. Bake in a preheated 350° oven for 25-30 minutes. Cool in pans for 10 minutes then carefully turn out to cool on racks. Top with your favorite frosting. (Mr. Gorman uses a chocolate frosting with walnuts nestling within. See the following recipe.)

Bessie Gorman's chocolate frosting

INGREDIENTS
1 pound confectioners sugar
¾ cup cocoa
¼ pound butter, room temperature
¼ teaspoon salt
1½ teaspoons vanilla
⅓ cup cream or milk
Walnut halves

METHOD
☐ Cream the confectioners sugar, cocoa, butter, salt and vanilla in a bowl with an electric beater until it becomes very light and fluffy.
☐ Add cream or milk a little at a time, beating by hand. Beat vigorously until you have a smooth frosting. If too thick, thin out with a little cream.
☐ Frost cake on top and sides with a wide spatula and garnish top with walnut halves.

[illegible] taught you how to bake, Grandma?"

"My mother."

"And who taught her?"

"Her mother."

"And who taught her?"

"Heavens, dear, don't you ever get tired of asking questions?"

"What are you making, Grandma?"

"My red raspberry cookies."

"What's that?"

"Cookies with red raspberry preserves on top."

"Mmmmm. They sound good."

"They are good because I always use Smucker's Preserves on top of each cookie."

"Was Smucker's there when you were a little girl?"

"Of course."

"Why is Smucker's so old?"

"Because, my dear, in America the only way a company can get old is to be good. And Smucker's is good."

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Grandmother's Red Raspberry Cookies

- 1 cup butter or margarine, softened
- 1½ cups sugar
- 1 egg
- 1½ teaspoons vanilla extract
- 3½ cups all-purpose flour, stirred before measuring
- 1 teaspoon salt
- ½ to ¾ cup Smucker's Red Raspberry Preserves

In a large bowl, cream together butter and sugar until light and fluffy. Add egg and vanilla; beat well. Stir in flour and salt; mix well. Stir (if batter gets too hard to handle, mix with hands) to make a smooth dough. Refrigerate about 2 hours. Preheat oven to 375° F. Lightly grease baking sheets. On a lightly floured board, roll out half of dough to about a ⅛-inch thickness. Cut with a 2½ -inch cookie cutter. Roll out remaining dough; but cut with a 2½ -inch cutter with a hole in the middle. Place on baking sheets. Bake 8 to 10 minutes, or until lightly browned. Cool about 30 minutes. To serve, spread preserves on plain cookie; top with a cookie with a hole.

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With a name like Smucker's, it has to be good.



20 drinks to enjoy with great white spirits

New garnishes for traditional cocktails plus delicious new recipes to try By Doris Tobias

There may be some significance for our times in the fact that white spirits—vodka, white rum, tequila, and aquavit, are increasingly popular while gin is holding its own. Perhaps it has something to do with the current passion for things that are natural and pure. But, it may be that this trend is mainly due to a change in people's taste preferences. Whatever the rationale, a white drink is right—whether it's the time-honored Martini or Collins or a zingy new drink that embraces both the spirit of the day and our taste buds.



TETSU OKUHARA

Aquavit glass by Holmegaard. Hexagon tumbler, highball glass, Old-fashioned by Venini. Shopping information, page 190.

5 basics for mixed drinks

VODKA

There is no question that the Russians' favorite drink, vodka, has infiltrated the United States and Europe. Distilled from grain or potatoes, vodka is totally clear and, unless specially flavored with herbs and spices, its taste is almost nonexistent, which makes it an ideal mixer.

RUM

Rum is distilled from fermented sugar cane and, of all the spirits, retains the natural taste of the ingredients from which it is made. Rich flavor and full body were once most valued in rum, but the greater demand now is for the lighter rums with more delicate flavors, such as those of Puerto Rico, Cuba, and some of the lighter rums of Jamaica. The designation "white label," is the clue that you're getting a white, light-bodied rum.

AQUAVIT

Aquavit, as it is spelled in Sweden and Norway, or akavit in Denmark, is a colorless spirit distilled from potatoes or grain and flavored with spices, usually caraway seeds. Drunk straight, chilled, it is a warming draught. Blended with other cocktail concomitants, it adds zest and aromatic essences to the drink.

TEQUILA

Tequila is a clear drink distilled in Mexico from the fermented juice of the agave cactus, sometimes called the century plant. Drunk neat, in the Mexican style, after a bite of lemon and a lick of salt from the back of your hand, it tastes like white lightning. Its punch is tamed when mixed with other cocktail mixers.

GIN

It is juniper berries that give gin both its characteristic flavor and its name—from genever, the Dutch form of the Latin name, *juniperus*. Distilled from grain, gin comes in many types and flavors. Best for most cocktails is the London Dry type, whether English or American in origin.

New white drinks

White Lightning. Stir in a pitcher over ice 1½ ounces gin, 1 ounce dry white wine, preferably a tart wine such as Muscadet. Add one to two dashes of Pernod. Pour into chilled Martini glass. Garnish: a slender curl of grapefruit zest.

White Heat. Add 1½ ounces tequila to a double Old-fashioned glass. Add 3 to 4 ice cubes, ⅓ cup unsweetened grapefruit juice, frozen or canned, and stir. Garnish: a slice of unpeeled avocado.

The White Knight. Pour 1½ ounces white rum into a tall highball glass. Add 3 to 4 ice cubes and ½ cup unsweetened pineapple juice. Fill the glass with Perrier water or other sparkling water. Garnish: a spear of thin, peeled asparagus.

White Goddess. Stir in a pitcher over ice 1½ ounces vodka, 2 ounces dry white wine, and a dash or two of framboise (raspberry eau-de-vie or brandy). Pour into a stemmed wineglass and garnish with a trio of white grapes.

Cloud Nine. Pour into a shaker, with plenty of cracked ice, 1½ ounces white rum, the white of one egg, 2 tablespoons heavy cream, and 1 to 2 dashes of Curaçao or other orange-flavored liqueur. Shake furiously and strain into a Martini glass. Dust top with grated coconut.

Danish Halfmoon. Stir over cracked ice in a glass or small pitcher 1½ ounces aquavit and the juice of half a lemon. Strain into chilled Martini glass and garnish with a trio of fresh red raspberries.

White Icicle. Pour 1½ ounces of gin into a tall, thin highball glass. Add 1 tablespoon lemon juice, ice cubes, and fill the glass with coconut milk. Garnish: a spear of white icicle radish.

Crystal Crème. Pour 1½ ounces of white rum into a shaker over ice. Add the white of an egg, a dash or two of clear crème de menthe, and shake furiously. Strain into a chilled cocktail glass. Garnish: a leaf of white endive.

White Matador. Mix in a pitcher or glass 1 ounce tequila, ¼ cup dry fino sherry —to give a Spanish bite—and a squirt of lemon juice. Pour into a chilled cocktail glass. Serve with plate of toasted almonds.

Folle Blanche. Stir into a tall glass 1½ ounces vodka, 4 ounces dry white wine, and ½ teaspoon Cassis—black currant liqueur. Add ice and fill glass with Perrier water. Garnish: one strawberry.

Margarita Bianca. Stir into a double Old-fashioned glass 1½ ounces tequila, 2 tablespoons grapefruit juice, and ½ teaspoon Triple Sec. Add ice and fill the glass with club soda. Garnish: a twist of grapefruit zest.

Traditional white drinks

Martini. Stir in a pitcher containing several ice cubes, 1½ ounces gin and ½ ounce dry vermouth. Pour into prechilled Martini glasses. Garnish: one or two green olives. New garnish: 3 dry roasted peanuts.

For a Dry Martini, use ¼ ounce dry vermouth.

For a very dry Martini, use ⅛ ounce dry vermouth.

Gibson. As above. Garnish: several pearl cocktail onions. New garnish: a 2-inch piece of scallion, green edges ruffled with a sharp knife.

Gimlet. Stir in a pitcher over several ice cubes: 1½ ounces gin, and 2 tablespoons lime juice. Pour into prechilled coupe champagne glass. Garnish: slice of fresh lime. New garnish: two pistachio nuts with shells on.

Collins. Pour 1½ ounces of gin into a highball glass. Add 2 tablespoons lemon juice, 1 teaspoon superfine sugar, ice cubes, and fill the glass with club soda. Garnish: slice of orange and a maraschino cherry. New garnish; finger-length wedges of fresh pineapple and two large

Continued on page 184















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Asparagus and quail egg salad

INGREDIENTS

8 asparagus per person
3 quail eggs per person, fresh or you can buy them already cooked in tins in gourmet food shops
Boston lettuce leaves
Vinaigrette (made with mustard, lemon juice, wine vinegar, ½ olive oil and ½ salad oil—so it's not too heavy)

METHOD

☐ Trim the asparagus reserving the 4- [illegible] salad, and the cen- [illegible] for another use in a [illegible] asparagus in boiling salted water until tender but crisp, about 3 minutes. Plunge immediately into ice water. Drain and cool.

☐ Boil the eggs 1 minute, rinse under cold water, and peel. Cool.

☐ On a plate arrange some lettuce leaves. Shred a few and make a "nest" in the center for the eggs. Add the eggs and the asparagus spoke-fashion with the tips to the outside. Add about 2 tablespoons vinaigrette and serve. 150 calories per person.

Romantic sea scallops with herb and vegetable sauce

INGREDIENTS

5 big carrots, peeled
4 turnips, peeled
2 large cucumbers
Salt
16 fresh, green asparagus
5 fresh mint leaves
1 onion, peeled and coarsely chopped
4 artichoke bottoms, coarsely chopped
2 cups chicken broth
2 pounds sea scallops
1 bay leaf
1 head Boston lettuce
Fresh, chopped chives

METHOD

☐ Cut 2 of the carrots in 2-inch lengths. Cut each piece in half then in half again. Carve each into a long olive shape. Cut 2 turnips in quarters, then each quarter in half. Form each into an olive shape. You should have about 10 turned carrots and 16 turned turnips.

☐ Make baskets of the cucumbers by cutting each into four 3-inch pieces and emptying the inside pulp. With a stripper, peel off strips of skin to give a fluted effect.

☐ Cook turned turnips, carrots, and cucumber baskets separately in boiling, salted water until tender, but still very crisp.

☐ Trim asparagus into the tender 4-inch tips, the center stalk, and discard woody ends. Cook the tips until tender (about 3 minutes) in boiling salted water and keep stalks to use in the sauce.

☐ Coarsely chop remaining carrots, turnips, and asparagus stalks and put in a large pot with the mint leaves, onion, and artichoke bottoms. Add chicken broth to cover, bring to a boil, and cook until all vegetables are tender—about 20 minutes. Drain, reserving cooking liquid. Purée vegetables in a blender or food processor using just enough of the reserved liquid to give the consistency of heavy cream. Reserve.

☐ Bring a pot of salted water to a boil and add sea scallops and bay leaf. Do not allow it to return to a boil, but simmer 3 minutes. They should resist just a bit when pierced. Drain.

☐ Blanch lettuce leaves in boiling salted water for 10 seconds to turn them bright green. Immediately plunge them in ice water and leave in cold water until ready to serve or they will turn brown.

☐ Spread the lettuce out on the plates covering the entire bottom. Add the vegetable sauce and the cucumber baskets in the middle. Fill with 4 asparagus tips in each basket, standing up. Put scallops around baskets and turned carrots and turnips as a border. Sprinkle with chives and serve. Serves 4. 350 calories per serving.

Lemon galette

INGREDIENTS FOR PASTRY

10 ounces sweet butter
10 ounces confectioners sugar
2 egg yolks
2 pounds flour

INGREDIENTS FOR LEMON CREAM

8 lemons
12 ounces sweet butter
12 ounces granulated sugar
8 whole eggs, beaten
4 pints strawberries
Fresh mint leaves

METHOD FOR PASTRY

☐ Cream the butter and sugar in a bowl until well mixed and fluffy. Beat in the egg yolks. Stir in the flour and gather into a ball with your hands. Wrap in wax paper and refrigerate 30-60 minutes.

☐ Roll out pastry about ¼-inch thick. Mark circles with a 5-inch-round plate and cut them out. Place on a cookie sheet. Bake in a preheated 400° oven 10 minutes. Cool. Take care in removing the pastry crusts from the pans; they are fragile and break easily. Makes at least 12 circles.

METHOD FOR LEMON CREAM AND ASSEMBLY

☐ Grate zest of lemons and squeeze the juice. Strain. Add zest and juice to a large pot with the butter, sugar, and eggs. Bring *just* to a boil, stirring. Take off heat immediately and cool. Refrigerate until cold. (Both the pastry crusts and the lemon cream can be made ahead.)

☐ Put strawberries in a blender, reserving 12 whole ones for a garnish, and blend until smooth. Sieve to remove seeds.

Spread lemon cream on each circle and smooth it out well. Put some of the strawberry sauce on a large plate, center the galette on the plate. Garnish with a whole berry and a mint leaf. Serve cold. Makes 12 galettes or more. ■

Great white spirits
continued from page 182

purple table grapes.

Highball. Stir 1½ ounces of white rum over ice cubes in a highball glass. Fill glass with ginger ale or club soda. Garnish: twist of lemon peel. New garnish: wedge of peeled cantaloupe.

Sour. Shake in a cocktail shaker with lots of ice: 1½ ounces white rum, 3 tablespoons lemon juice, and 1 teaspoon superfine sugar. Strain into stemmed glass. Garnish: orange slice and maraschino cherry. New garnish: slice of unpeeled Bosc pear.

TETSU OKUHARA



Goblet and stemmed wine glass by Holmegaard. Champagne glass and Martini glass both at Tiffany. Shopping, page 190.

Bloody Mary. Pour into cocktail shaker: 1½ ounces vodka, 3 ounces tomato juice, 1½ tablespoons lemon juice, salt and freshly ground pepper to taste, and a dash or two of Worcestershire and Tabasco sauces. Shake wildly and pour into highball glass. Add ice cubes. Garnish: thin slice of lemon. New garnish: thin wedge of crisp raw fennel. *Note:* Some like to add a bit of grated horseradish for additional zip.

Screwdriver. In a double Old-fashioned glass, stir together 1½ ounces vodka, 3 to 4 ounces orange juice, and plenty of ice.

Daiquiri. Stir together over ice 1½ ounces white label rum, juice of half a lime, and ½ teaspoon superfine sugar. Pour into chilled cocktail glass. No garnish.

Note: Most spirits come in 80-proof or 100-proof; recipes here are for 80-proof. If you use 100-proof spirits with more kick, figure on about 20 percent less of the spirit used—or step up the amounts of nonalcoholic mixers in that proportion. Each drink mentions a specific spirit, but you can substitute one of the other white spirits. Mix and match to suit mood and occasion. ■





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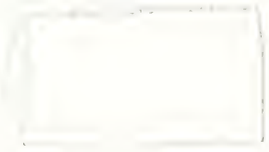
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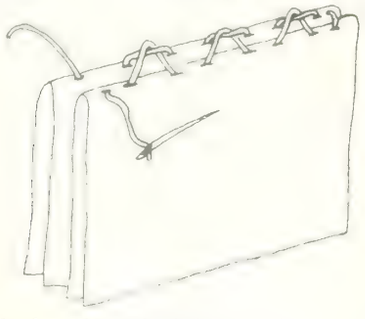
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Continued from page 161

To make a pattern for stitching, lay scrap paper along fold of one section, having edges together. Mark height of book. Fold scrap in half, then in half again, creasing sharply. Unfold and mark each crease with pencil. Now make two additional marks equally spaced from each of the three central marks. These two marks define the length of your stitches; for a 7-inch book they should be about ½ inch apart. Make an additional mark ½ inch in from each edge. This is where stitching will begin and end. Transfer all markings to folded edge of book section **3.** To stitch,



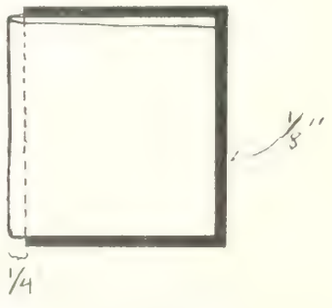
cut a length of buttonhole twist long enough to sew the entire book spine. To determine this length, multiply the number of sections by the finished height of the book, and add several inches. Thread needle, but do not knot thread. Lay spine of first section along the edge of a table, and hold it with one hand in the fold. With the other hand, insert the needle through the first mark from the outside, straight through the middle of the fold. Pull thread through, leaving a 2-inch tail. Bring needle out through the first of the first double marks, and in again through the second; make similar stitches at the second and third sets of double marks, and bring the needle out at the last single mark. Pull thread tight. Continuing from this end, add the second section of pages by making stitches to correspond to those of the first section. However, to attach sections together, each time the needle emerges on the outside of the fold, bring it through the stitch on the previous section, forming a little twist, before inserting it back into the section you're adding. When you've



pulled the thread tight at the original starting edge of the book, tie the thread to the tail you left, and continue attaching more sections. When the last section has been added, insert needle through the tiny single stitch in the next-to-last section, then through its own thread loop, to form a knot. Knot again. Trim off ends. (See photos #2, 3, 4, page 160.) **4.** To seal spine, press pieces of scrap cardboard firmly on each side of stitched spine, and brush spine with glue, being careful not to glue cardboard. All gaps should be filled. Smooth glue with finger and weight book until it dries. **5.** To trim the pages, lay the end of a piece of scrap paper at spine, and, using matte knife, make a small impression into scrap and book pages, slightly in from the fore edge of the book. Slide this mark down the fore edge and make another impression near the bottom. Remove scrap, place steel ruler along marks, and carefully trim book edge, cutting gradually down through all thicknesses. Hold the ruler steady—this will take many smooth cuts to accomplish. To trim the top and bottom of book, turn the edge of the first page back to the spine and, with the matte knife, mark fore edge and spine at top and bottom edges. Replace first page, lay metal ruler along marks, and trim as before. Flip book over to mark and trim other end. Always cut from spine to fore edge.

6. To line spine, cut a piece of handkerchief linen the length of the spine, and about ¾-inch wider. Brush spine with glue and apply lining, centering on spine. Leave extra fabric at sides free. Cut a strip of book-page paper the exact size of the spine, glue over linen lining.

7. With masking tape, tape together two sheets of artist's board slightly larger than the finished book. Using a metal ruler and matte knife, cut one straight edge. (See photo #1, page 160.) Retape. Lay triangle along cut edge; mark and cut a right angle. Mark corner clearly. Place book on cardboard so that spine extends ¼ inch from the first cut edge, and edge of book is ⅛ inch in from adjoining cardboard edge. Mark ⅛ inch from each of the other edges. Remove book, cut other two edges. Finished covers will be ⅛ inch larger than book on three cut edges, and ¼ inch smaller on the spine edge. Separate covers.



8. To make the spine strip, cut a piece of cover board the width of the book plus one thickness of cover board, and the same height as the book cover.

9. To make spine spacer, position covers on front and back of book, being sure covers' spine edges are ¼ inch in from book's spine. Wrap a piece of scrap paper around spine, pinching at all contours, and mark paper at back outside edges of covers. Use marked scrap paper



as a pattern for a cardboard spine spacer somewhat longer than the height of the book. Mark its lengthwise center. (You can use this spacer to make more books the same thickness.) Cut a sheet of bookbinding cloth wide enough to cover spine spacer plus ⅕ the width of each cover, and ¾ inch longer than the book spine. Mark its lengthwise center. On wrong side, coat binding cloth with glue and lay the spine spacer on it, centering lengthwise. Butt the two covers against spacer, press against binding cloth. Quickly peel off spacer and position the prepared cardboard spine strip, centering by eye (photo #5, page 161). Now turn top and bottom edges of the glued binding paper to the inside of cover, smoothing them over the cover boards and spine (photo #7, page 161). Turn cover over, smooth outside, pressing along contours (photo #6, page 161).

10. To make fabric covering, first measure with scrap paper the distance from the edge of each cover to the edge of the spine binding, plus a ¼-inch overlap. Cut fabric from selvage edge, allowing ¾-inch extra on non-selvage sides for folding over. Plan to use the fabric selvage as spine-binding overlap, for a clean, non-raveling edge. On outside, lay a piece of scrap paper ¼ inch from edge of binding cloth (measure outward from cloth to be sure this measurement is straight). Glue from protected edge to outside edge of one cover (do not glue fabric). Allow to become tacky, lay fabric in position, and smooth down with the bone tool or wood ruler. Turn book over. At each corner, cut off a triangle of fabric about 1½ board thicknesses from corner of board. Glue loose edges of fabric; when tacky, fold and smooth fabric to inside of cover, top and bottom first, then fore edge (See photo #8, page 161.) Repeat for back cover.

11. To attach cover to book and form end papers, slip a piece of scrap paper between first and second pages of book. Brush glue on first page. Press loose edge of linen spine liner into position against glued page. Glue top of liner, remove scrap paper, and close front cover. Do not open until book has been pressed, or you will get uncorrectable wrinkles. Repeat for back cover. Carefully slip sheets of wax paper just inside covers, without opening book. On outside, lay narrow strips of scrap cover board into grooves at bookspine. Press finished book between Masonite sheets in a C-clamp, or between heavy weights on the floor, for several days before using.

Note: You may prefer to make an all-fabric cover, omitting the special binding-cloth spine. To cut fabric, place the two cover boards plus spacer on fabric, and cut, allowing an extra ¾ inch all around. Glue covers, position on each side of spacer centered on wrong side of fabric. Remove spacer, glue cardboard spine strip between covers. Glue fabric edges and turn to inside as in binding-cloth method. Smooth with bone tool. Continue book as in other method. ■

Spanish olives. How to tell the original from the reproduction.

The olive on the left is a true blue Spanish Green Olive. The olive on the right just looks like one.

The olive on the left was grown in Spain, where the dry climate and mineral rich soil help an olive ripen to its tangiest best. There's no telling where the olive on the right was grown.

The olive on the left was treated with meticulous care. By people who learned long ago that a bruised olive hurts business. As for the olive on the right, you really can't be sure how it was treated.

How do you tell them apart? Simple. Just read the label.

The olive on the left comes in a jar with the Spanish Olive Man symbol on it. The olive on the right doesn't.

So now you can be sure of the green olive you're getting, before you lay down your hard earned green for it.



LOOK FOR THIS SYMBOL.

SPANISH OLIVES

Spanish Olives. The best olives in the world.

SHOPPING INFORMATION

Prices approximate, state and local taxes additional. *Consult your interior designer or department store decorating service. Stores and designer sources in New York City unless otherwise indicated.

APARTMENT LIVING
Pages 124-129

Terrace furniture: At Bailey-Huebner, New York and South Hampton.

5-YEAR PLAN
Pages 134-135

Upholstered swivel rocker: [illegible] x 33" x 30" high. Tufted back. Loose seat cushion. About $376.50 COM. By KayLyn. At House of Menna, Lincolnwood, Ill.; George [illegible].

Fabric on sofa and chairs: "Rain Flower" cotton: 54" wide. 27" repeat. Scotchgard finish. About $8 a yd. By Jay Yang for P. Kaufmann. At Bloomingdale's; Macy's, San Francisco; Stix, Baer & Fuller, St. Louis.

Bamboo valances and roll-up blinds: About $5 per sq. ft. Custom made by Crown Shade & Screen, Boston.

Botanical print: (dining room also) 36" x 26". $150 framed. At Poster Originals.

"Number 7" relief serigraph: 34½" x 25½". From album #1 by Charles Hinman. $275 framed. At Galerie Denise René.

"Vienna" wool durrie rug: 8'3" x 11'6". $1,200. At Bloomingdale's.

Curtain trim: Polyester grosgrain ribbon. 2¼" wide. 90¢ a yd. By C. M. Offray.

Pages 135-137

"Suomi Concept One" china: 5 pc. place setting, $40. **"Flus" water glass:** 5½" high. $12. **"Plus" wine glass:** 4¾" high. $11. **"Titan" stainless steel flatware:** 5 pc. place setting, $29. By Rosenthal Studio-Linie. All at Rosenthal Studio Haus.

Table cover and underskirt: Wool/rayon felt 72" wide. By Central/Shippee.

Batik sarong (as tablecloth): 72" x 40". From China Seas.*

Cotton on chair cushions: Rose color hand block print #1401. 50" wide. 4½" repeat. $18 a yd. By Souleiado at Pierre Deux.

Pages 138-139

"Scented Garden" cotton and polyester sheets: Queen flat and fitted, about $15 ea. Ruffled shams, about $16 ea. Pillowcases, about $7 a pair. Queen comforter, about $60. By Oscar de la Renta for Cannon.

"Prasad" reversible sisal floor matting: 9' x 12'. $220. By Import Specialists. At The Wickery.

Botanical poppy and bachelor's-button prints: 42" x 33". $200 framed. At Poster Originals.

"Luxury Living" festive green carpet: 12' or 15' widths. Made of Allied Chemical's Anso nylon. $18.95 a sq. yd. By Gulistan Carpet, div. J. P. Stevens.

"Lam-Eze" laminated shade kit: 46¼" x 6' pressure sensitive room-darkening shade cloth. About $26. By Joanna Western.

Needlepoint canvas and yarns: At Threadneedle Street, Boston.

CHARLESTON WAY
Royalties from the sale of Historic Charleston Reproductions will further the preservation projects of the Historic Charleston Foundation.

Pages 146-147

Mahogany dining table: 54" x 46" x 29½" high. Two 20" leaves. Pedestal base. Fluted carved legs. Brass casters. About $1,277. **Mahogany sideboard with inlaid borders:** 66" x 23" x 37" high. Brass hardware. About $1,721. **Upholstered rolled armchair:** 34" x 28" x 44" high. Nailhead trim. About $499 COM. **Mahogany lowboy:** 34" x 20¼" x 27¾" high. Carved apron. Brass hardware. About $433. **Mahogany tilt-top tea table:** 33" diam. x 29" high. Pie crust edge. Carved pedestal. Ball and claw foot. About $375. **Lacquered armchair:** 21" x 21" x 34" high. Chinoiserie-decorated. Velvet seat pad. About $777. **Mahogany bookstand:** 19¾" x 11½" x 32¼" high. Four shelves. Carved fretwork sides. About $331. All, Historic Charleston Reproductions by Baker.

"Sacred Butterfly" china: 5 pc. place setting, $75. Historic Charleston Reproductions by Vista Alegre for Mottahedeh.

"King Charles" sterling flatware: 5 pc. place setting, $204. Historic Charleston Reproductions by Gorham.

On mantel: China basket-dish: Scalloped lattice edge. $115 ea. **Brass candlesticks:** 9" high, $35 ea. 19" high, $90 ea. All, Historic Charleston Reproductions by Mottahedeh.

"Oom (as in zoom)" acrylic on canvas: 50" x 60". By June Klensch. At Noho Gallery.

Fabric shirred on walls: "Coromandel" cotton: 54" wide. 27" repeat. Scotchgard finish. **Curtain fabric:** "Charleston Quilt" cotton: 54" wide. 4½" repeat. Scotchgard finish. Both, about $9 a yd. Jay Yang for Historic Charleston Reproductions.

COVER, and page 148

Camelback sofa: 78" x 30" x 38" high. Loose seat cushion. Mahogany stretcher. About $1,221 COM. **Queen Anne wing chair:** 35" x 30" x 44" high. Mahogany foot. About $666 COM. **Mahogany side chair:** 20" x 20" x 36¾" high. Carved back. About $433 COM. **Chippendale open armchair:** 27" x 28" x 40" high. Mahogany frame. About $655 COM. **Mahogany bench:** 20¾" x 16½" x 17" high. About $322 COM. **Lacquered armchair:** 21" x 21" x 33" high. Cane seat. Chinoiserie decoration. About $655. **Flame mahogany secretary:** 40" x 24½" x 95" high. Brass hardware. Locked desk section. About $3,774. **Mahogany Chippendale kettle stand:** 11¼" x 11¼" x 27½" high. About $244. **Mahogany drop-leaf breakfast table:** 42" x 26" x 28¾" high. Fretwork apron. **Mahogany octagonal platter stand:** 18" x 15" x 18" high. About $353. **Mahogany tilt-top tea table** (dining room also). **Inset: Mahogany plant stand:** 14" diam. x 36⅛" high. About $322. All, Historic Charleston Reproductions by Baker.

Upholstered love seat: 61" x 33½" x 30" high. Rolled arms. Loose seat cushion. Tufted back. About $860. By Baker.

Rope mirror: 36" x 48". $950. From LCS*.

"Canton" china: Cachepots (on mantel): $65 ea. **Relish tray (on trunk and tea table):** $12.50. **Scalloped bowl (on breakfast table):** $55. **Leaf ashtray (on tea table):** $14. **Coffeepot (with zinnias):** $65. Historic Charleston Reproductions by Vista Alegre for Mottahedeh.

"Birds in Air" antique quilt (on sofa): $300. At Thomas K. Woodard. **Antique china (in secretary and on mantel). Vases (on wall sconces).** Both from John Rosselli Antiques.

Watercolor (on breakfast table): By June Klensch. At Noho Gallery.

Rattan trunk: 32" x 16" x 17" high. $114.98. **Baskets.** Both at Azuma.

Sterling mint julep cups (on trunk): 3⅜" high. Beaded top and bottom. Historic Charleston Reproductions by Gorham.

Natural sisal matting: From Rosecore Carpet.*

Ceramic bean-pot lamp: 25" high. (Shade not included.) By Fotia Stone, Edward Krumpe Division.*

Fabric for upholstered furniture and curtains: "Towne House" cotton: 54" wide. Scotchgard finish. About $9 a yd. Jay Yang for Historic Charleston Reproductions.

Page 147: Mahogany four-poster bed: 64" x 87¾" x 91¾" high. About $2,666. **Mahogany chest:** 43" x 22¾" x 75¾" high. Brass hardware. About $3,333. Both, Historic Charleston Reproductions by Baker.

"Rosalie" Dacron polyester and cotton sheets: Queen flat, about $16.50. Pillowcases, about $8 a pr. Ruffled shams, about $22 ea. By Martex. WestPoint Pepperell.

Antique quilts: "Zig Zag", $495. "Carolina Lily", $485. Both at Thomas K. Woodard.

Rattan trunk: 36" x 20" x 21¼" high. $134.98. **Square tray basket:** $8.98. Both at Azuma.

"Bath Apollo" acrylic on canvas: 34" x 47". By Robert Natkin, 1976. $4,500 At André Emmerich Gallery.

Two-tier chinoiserie table: 21½" x 12" x 9" high. 19th c. Japanese. **Carltonware leaf dish. Yellow ceramic teapot.** All at John Rosselli Antiques.*

Durrie striped carpet: From Coury Rugs.*

Stores carrying a selection of Historic Charleston Reproductions: Altman's; L. S. Ayres, Indianapolis; Cannell & Chaffin, L.A.; Gabbert's, Dallas and Minneapolis; Halle's, Cleveland; The Joseph Horne Co., Pittsburgh; Howard Lorton Galleries, Denver; Joske's, Houston; Macy's, San Francisco; Woodward & Lothrop, Washington, D.C.; O'Neill & Bishop, Ardmore, Pa.; Paine Furniture, Boston; The Guild House, Greensboro, N.C.; Porters, Racine, Wis.; Rich's, Atlanta; The Robert Simpson Co., Toronto; Stewart's, Louisville; Stix, Baer & Fuller, St. Louis; Strawn Furniture, Little Rock; John Wanamaker, Philadelphia.

Fabrics also available from Decorative Fabrics*, Lussky, White & Coolidge*, Chicago; S. Harris & Co.*, El Segundo, Calif.; Westgate Fabrics*. Grand Prairie, Tex.

SYSTEM FOR THE SIMPLE LIFE
Pages 150-153

Three-seater sofa. Ottomans. Twin-size chaise-bed with adjustable back, recessed casters; optional quilted exercise mat. **Coffee table** with two leaves. **Work desk** that converts from rectangle to larger L shape, has two drawer units on casters beneath. **Low crystal table,** lacquered in red, black, bronze beneath, in 28" sq. and 14" sq. size. **Stacking tray tables and fondue tables:** in black, red, or "ivory" lacquer. **Individual stacking shelves. Canvas-and-dowel screens:** 80" high (in 30", 60", 90" widths). 36" x 60" size can be stood on either end. Wood and screw door

Continued on page 190

The Ultimate Cooking Center: Microwave. Self-cleaning. Smoothtop.









Now with Vari-Cook® oven control for even greater cooking versatility.
The Litton Micromatic® double-oven microwave range, now with Vari-Cook oven control, makes it easier to bring out the best in microwave cooked foods. Simply change cooking speeds as you change foods: High, reheat, roast, simmer, warm, defrost or any speed in between. Set different speeds for different foods to bring out old-fashioned slow-cooked goodness, but at time and energy-saving microwave speeds.

Cooks four ways.
The ultimate cooking center gives you all the best ways to cook. Cook with microwave speed in the upper oven. Bake or broil in the lower conventional oven. Stir up something saucy on the smooth top. Or prepare one dish or a complete meal using both ovens for a combination of conventional browning and microwave speed.

Good Housekeeping

Self-cleaning ease.
Save clean-up time, too. Litton Micromatics have a self-cleaning oven system that removes even the toughest baked-on stains. And a one-piece smoothtop that keeps spills from dripping away.

Completely convenient.
Everything about the Micromatic double-oven range is designed for your convenience. Vari-Cook oven control. Micro-Timer® digital control. Automatic oven timer. Special 8-inch "quick-heat" cooktop element. One-piece smoothtop. Safe push-to-turn infinite heat controls. Black glass see-thru oven doors. And closed door smokeless broiling.

You'd expect it from Litton.
Because at Litton, innovation means better microwave cooking. You'll find it throughout our full line of energy-saving countertop microwave ovens, combination and double-oven microwave ranges. Your Litton dealer can demonstrate how to save time and energy with all of them. For his name and address, call us right now, toll-free **(800) 328-7777.**

LITTON
Microwave Cooking

Litton... changing the way America Cooks.

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Furniture continued from page 154

hardware, suede ties available. **Wood finishes:** Three standard ("sand", "acorn", or "ivory"), four custom lacquered ("ebony," "Chinese red," "lemon," "meadow green"). **Upholstery choices:** Four plain colorations—unbleached cotton canvas, with vinyl suede accents on some pieces (as shown); neutrals; bright clear colors; Chinese-inspired accent colors. Six print fabrics designed by Giorgio Sant'Angelo. Available in February at Macy's, New York.

FURNITURE NOW Pages 154-155

Write manufacturer for nearest store.

1. Hardwood love seat: 50" x 42" x 35" high. Weatherproof finish. Gray, white, or natural. $100 unassembled. By Camath. **2. Pecky cedar cocktail table:** 42" sq. x 17" high. $250. By John Hutton for Ide of California. **3. Slatted park bench chair:** 22" x 21" x 28" high. $125. Cameo collection by Stanley. **4. Pecky cedar love seat:** 54" x 33" x 28" high. $555. By John Hutton for Ide of California. **5. Pine cocktail table:** 38" sq. x 16" high. Marbelon tile top. $219.95. Pine Glen collection by Hammary. **6. Rattan chair:** 32" x 34" x 27½" high. $500. **Ottoman:** 28" sq. x 16" high. $250. Islands collection by Lane. **7. Tambour top chest:** 24" x 19" x 55" high. Ash wood. $340. Timbermist collection by Stanley. **8. Stacking oak shelves:** 40" x 11" x 15" high, 44" x 12" x 16" high, 48" x 13" x 17" high, 52" x 14" x 18" high. $137 ea. American Craftsmen collection by Hibriten. **9. Pine sawhorse table-desk:** 60" x 30" x 29" high. Chipboard top. $79.95 unassembled. By Babcock Phillips. **10. Pine barnboard sofa:** 69" x 28" x 30" high. Canvas-covered cushions. $199 unassembled. Denver group by Babcock Phillips. **11. Oak barrel-base dining table:** 54" diam. x 29¾" high. Two 18" leaves. Brass scuff plates on base. $725. By Hibriten. **12. Upholstered sofa.** By Flair. **13. Bamboo love seat:** 43" x 22" x 41" high. Carved back. Camphor wood seat. Moire seat pad. $1,998. By Baker-Knapp & Tubbs.* **14. Pecan cocktail table:** 42" sq. x 16" high. Champagne finish. Glass top over fretwork frame. $650. Contempo East collection by Tomlinson. **15. Rattan club chair:** 40" x 32½" x 29½" high. Loose seat cushion, cotton-covered. $513 com. By Directional. **16. Poplar "fainting couch":** 32" x 72" x 31" high. Tufted seat. Nailhead trim. $750. By Jim Peed for Chatsworth Chair. **17. Glass cocktail table:** 40" diam. x 16¼" high. Garden seat base. Cinnabar red finish. $700. Pan Asian group by Henredon. **18. Natural wicker chair:** 29½" x 29½" x 27" high. Loose cushion. $516. **Ottoman:** 25" sq. x 16" high. Attached cushion. $301. By John Wisner for Ficks Reed. **19. Leather chinoiserie trunks:** 30½" x 20½" x 46½" overall. Set of 4, $2,000. By Baker-Knapp & Tubbs.* **20. Mahogany and rattan highboy:** 32" x 19" x 87" high. Brass hardware. $879. Collector's Mix by Hickory Chair. **21. Glass dining table:** 74" x 44" x 29" high. Oriental base. Cinnabar red finish. $620. San Sei collection by Thomasville. **22. Upholstered love seat:** 63" x 41" x 28½" high. Loose cushions. Three throw pillows. $850 COM. By Harden. **23. Mahogany and rattan console table:** 48" x 14" x 29½" high. Slatted rattan shelf. $395. Collector's Mix by Hickory Chair. **24. Suede love seat:** 65" x 36" x 26" high. Rolled arms and back. Nailhead trim. $1,298. By Heritage. **25. Sectional denim chaise:** 72" x 32" x 33" high. $572. By Drexel. **26. Glass cocktail table:** 60" x 34" x 15½" high. Maple dowel base. Natural or dark finish. $613. By Thayer Coggin. **27. "Clam" chair/bed:** 30¼" x 100" long unfolded. Quilted cotton canvas cushion. Leather trim. Clamps together. $299. By Moreddi. **28. Armless chair/bed:** 36" x 34" x 33" high. Cotton duck. Embroidered graph design. Loose back pillows. $376. By Weiman/Warren Lloyd. **29. Brushed steel cocktail table with recess:** 48" sq. x 13" high. $695. By Pierre Cardin for Dillingham. **30. Armless chair:** 36" x 33" x 34½" H. Channel stitched cushion. Polished steel base. $396 COM. By Flair. **31. Split rattan highboy:** 26" x 13" x 65" high. Chrome base and hardware. $978. By DIA. **32. Glass étagère:** 31" x 12" x 81" high. Chrome plated steel connectors. $501. By Contemporary Shells. **33. Glass dining table:** 76" x 39" x 29" H. Polished aluminum Z-base. $1,100. By Flair. **34. Upholstered sectional group: Chair:** 34½" x 34½" x 29½" H. $380 com. **Ottoman:** 31" sq. x 16½" high. $174 com. By Directional. **35. Arched console table:** 60" x 20" x 26" high. Biscuit plastic laminate finish. $242. By DIA. **36. Sectional group: Chair:** 37" x 35" x 29". $242. **Ottoman:** 35" x 36" x 16". $154. Channel stitched upholstery. Flair.

Manufacturer's addresses: Babcock Phillips Division, Dart Industries, 1500 Commerce Rd., Richmond, Va. 23216. **Camath,** 530 W. John St., Hicksville, N.Y. 11801. **Chatsworth Chair,** Box 3044, Hickory, N.C. 28601. **Contemporary Shells,** 637 Stewart Ave., Garden City, N.Y. 11530. **DIA,** 1677 Merchandise Mart, Chicago, Ill. 60654. **Dillingham,** Box D, Leland, Miss. 38756. **Directional,** 979 3rd Ave., New York, N.Y. 10022. **Drexel Heritage** Home Furnishings, Drexel, N.C. 28619. **Ficks Reed,** 4900 Charlemar Dr., Cincinnati, Ohio 45230. **Flair** by Bernhardt, Box 740, Lenoir, N.C. 28645. **Hammary** Division, Delwood Mfg., Box 760, Lenoir, N.C. 28645. **Harden,** McConnellsville, N.Y. 13401. **Henredon,** Box 70, Morganton, N.C. 28655. **Heritage** (see Drexel). **Hibriten** by Bernhardt, Box 740, Lenoir, N.C. 28645. **Hickory Chair,** Box 2147, Hickory, N.C. 28601. **Ide of California,** 4384 Bechelli Lane, Redding, Calif. 96001. **The Lane Co.,** Altavista, Va. 24517. **Moreddi,** 734 Grand Ave., Ridgefield, N.J. 07657. **Stanley Furniture Co.,** Stanleytown, Va. 24168. **Thayer Coggin,** Box 5867, High Point, N.C. 27262. **Thomasville Furniture,** Box 339, Thomasville, N.C. 27360. **Tomlinson,** 305 High Ave. W., High Point, N.C. 27261, **Weiman Warren Lloyd,** Box 217, Ramseur, N.C. 27316.

LIVE-IN PLANTS Pages 162-167

Incandescent plant light: 150-watt, #R40. By Duro-Lite. $6.50 ppd. from Mellinger's, 2310 West South Range Rd., North Lima, Ohio 44452.

Peter's Special Soluble Fertilizer: House Plant Mix (15-30-15). 1 lb., $3 ppd. from The House Plant Corner, Box 5000, Cambridge, Md. 21613.

WINE AND FOOD COVER Page 169

Cookie sheet: 17¼" x 11½". Silicone-coated. $2.79. Baker's Secret Bakeware by Ekco.

WHITE SPIRITS Pages 182 and 184

Stemmed glasses, from left: "Picnic" goblet: $5.50. **"President" claret:** $20. Both by Holmegaard. At Royal Copenhagen.

"Connoisseur" champagne, martini: $9.75 ea. Tiffany.

Flat glasses, from left: "No. 5" cordial: $7. By Holmegaard. At Royal Copenhagen. **"Hexagon" glass:** Coral Color rim. Set of 6, $285. **Glass with 24-kt. gold inlaid base:** 6" high. $36. **"Old-fashioned" glass:** Amber color ring. 4½" high. $33. All at Venini. ■

BUILDING FACTS

Materials in the house on page 156

ARCHITECT: Norman Jaffe
INTERIOR DESIGN CONSULTANT: Mrs. Marynell Eisenberg
CONTRACTOR: David Webb
SIZE OF HOUSE: 2,100 square feet
SIZE OF LOT: 1 acre

STRUCTURE

Foundation: Concrete block foundation walls on poured concrete footings.

Framing: Standard wood frame construction of walls, floors, and roofs.

EXTERIOR OF HOUSE

Exterior walls and roofs: Red cedar wood shingles on wood sheathing.

Insulation: In walls and roofs, fiberglass batts by Johns-Manville Corp.

Windows: Fixed glass panels in wood frames; "Arcadia" aluminum frame, bronze finish, sliding glass sash by Northrop Architectural Systems; upstairs, aluminum frame awning type sash.

Skylight: Wasco Products, Inc.

Doors: "Arcadia" aluminum frame, bronze finish, sliding glass doors by Northrop Architectural Systems. Front door, glass panel in wood frame.

INTERIOR OF HOUSE

Interior walls: In living-dining room, rough-sawn cedar siding laid diagonally; in master bedroom, rough-sawn cedar siding laid horizontally; in kitchen, rough-sawn vertical boards; in master bathroom, 4-inch ceramic tile by American-Olean Tile Co.

Interior finishes: White paint on wallboard by Benjamin Moore & Co.

Ceilings: In living-dining room and kitchen, rough-sawn cedar boards laid horizontally; in master bedroom and balcony-study "Sheetrock" wallboard by U.S. Gypsum Co.; in master bathroom, 4-inch blue tile by American Olean Tile Co.

Floors: In living-dining room, oak strip flooring; in fireplace area, balcony-study and master bedroom, wall-to-wall carpet; in entrance hall, brick ashlars; in kitchen, vinyl tile in brick pattern.

Furnishings: White fireplace sofa, Atelier International, Ltd.; Wicker chairs, ottoman, large baskets, sofa pillows; L.C.S.; Coffee table, Selig Mfg. Co.; Deck chairs, Bailey Huebner, Inc.; Dining table china, goblets, place mats, napkins, wine baskets, kitchen cooking utensils, Heller trays, dishes, mugs, cutlery, straw baskets, The Pottery Barn; table silver, Lauffer; deck pillows, Design Research, New York; plants and plant holders, Baywoods, Inc.; paintings, "Blue Suspension" by Helen Hoie and "Man Resigned" by Cecil Casebier, courtesy of Guild Hall, East Hampton, N.Y.

Lighting fixtures: Ceiling recessed cylindrical fixtures and wall washers by Atlas Electrical Products Co. Over dining table, custom design wood fixture with low-voltage bulbs in chrome panel by Lightolier, Inc.

Hardware: Brushed aluminum by Sargent.

Kitchen and bathroom cabinets: Wood, custom made, faced in white Formica.

Kitchen and bathroom countertops: In kitchen, black Formica with white "counter saver" insert by Salton Mfg. Co. In bathroom, white Formica.

Plumbing Fixtures: White fixtures, "Blueberry" blue lavatory and stainless steel sink by American-Standard, Inc.

EQUIPMENT AND APPLIANCES

Appliances: 4-burner gas range with oven

e and below by Crown Stove Works. dspot" refrigerator by Sears, Roebuck o., "KitchenAid" food waste disposer lobart, kitchen exhaust fan and master room ceiling light-fan by Broan.

ting system: Electric heat with circulat- water in baseboard grids. Two zones, upstairs, one down, controlled by mostats.

ting controls: Thermostats by White- gers Div., Emerson Electric Co.

Equipment in the kitchen, page 140

GNER: Michael de Santis

igerator-freezer, portable washer and r by General Electric. Stainless steel by Elkay. Dishwasher and hot-water enser by KitchenAid. Built-in electric opener by Thermador. Glass-ceramic nterange by Amana. Ventilating hood, filters by Broan.

or: 12-inch strips of lizard-finish vinyl between 2-inch strips of silver Mylar.

ntertops: "Black Suede" by Formica p. Steel cabinets by St. Charles. Cabi- and appliances custom painted by St. rles.

Equipment in the kitchen, page 141

IGNER: William Machado

ge/oven and Vent-Pak exhaust system Modern Maid. Freezer and refrigerator Sub-Zero. Dishwasher by KitchenAid.

or: white oak with polyurethane finish. lls, ceiling, and custom-made cabinets: d with Formica plastic laminate. Coun- ops and backsplashes: stainless steel. ■

HOUSE & GARDEN AT SLOANE'S

6-week course complete with text, ouse & Garden Color Chips, and oane's designers, to help you in each ep of your decorating projects, begins on in New York, Paramus, Manhas- t, White Plains, Stamford, Jenken- wn. For complete information and servations call: W & J Sloane Public elations, 212-840-1000, ext. 446. New ork store only, October 3, 6, and 8, e latest color directions from a House Garden editor.

refree move

tinued from page 168

The cost of moving, of course, varies ormously, according to size of family, ount of furniture and other objects, tance covered, and type of building at ch end. According to a Mayflower pert, the average cost of a move from w York to California for a 5-room use and small family is $3,000, includ- g packing and unpacking. "If you pack urself, you may save between $300- 00," he adds. This can only be a rough ure, since moving is such a personal siness, and individual experiences fer considerably. According to the In- state Commerce Commission, one nerican family out of five moves every ar—so however you look at it, you will doubt have your own experience to aw on one day, if you haven't already.

se History No. 1: Mr. and Mrs. Robert emner, 3 children. **Move:** *from Con- cticut to Washington, D.C.*

cy Bremner: "I had saved the records om an earlier move 3 years ago, enab- ling us to compare estimates we received this time with actual costs in 1974. We chose the company with the most accurate estimate. I was even able to reuse my old file folders: Moving Costs, Address Changes, New House Measurements and Decorating, Contract/Mortgage, Moving Company Papers.

"I used graph paper for accurate floor plans and window measurements of our new house, a great help in determining where furniture and curtains would go. We saved money by packing our books in liquor-bottle cartons with lids. We filled the back of the station wagon with all of our paintings and prints, using extra bedding for padding. This was a great cost saver. We put the good china and crystal, in quilted plastic dust covers, on the front seat. Photo albums, important papers, jewelry, and other irreplaceables were stuffed into nooks and crannies. The kids and treasured plants went in the other car.

"The appraisal we had commissioned independently for home-owner's insurance was attached to the household inventory the day of the move, and helped greatly in encouraging the driver to be careful when packing. We learned the hard way. In 1974, we lost the backs of two antique chairs. This year we insisted ahead of time that if we incurred damage, we, not the mover, would select the repairman, so that we could get someone

Continued on next page

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chair you never got around to recovering, the piles of books you were never keen on in the first place, the old shirts you'd saved "in case you did some painting." What about those glass vases you'd always promised to give to your mother-in-law, and the children's clothes your sister could use? The mover will pack and dispatch them for you, at a price included in the estimate. And think of the gifts you can make to a needy cause—charity donations are tax deductible, and what's more, most of the organizations will come and pick up your goods from your door.

And what have you got left when you've taken the clutter away? A feeling of lightness, of weight being shed. "The more you can subtract, the more you can breathe," says Michael Kalil, space engineer at the Parsons School of Design. "So many things we surround ourselves with belong to a style or a cultural attitude or to history, and not to us, now, as individuals. If we subtract these external things, we can reach down into our own individuality."

That's why working on a new, empty room is so exciting. You are free to exercise your personal feelings in saying where something should go, how something should look. Nothing's crowding in on you. You can breathe. You are in control of your things.

Moving makes demands on everybody's time, patience, and emotional strength. But if you can look at it as an opportunity for escaping from a cluttered past to a new, freer life, then you can turn the move into a truly pleasurable achievement. As one who has been through it said with delight, "It is like cleaning a closet on the grand scale. And think how you feel after that!" ■

Carefree move

continued from preceding page

whose reputation we knew."

Case History No. 2: Mr. and Mrs. Alexander Singer, 1 child. **Move:** *15 times in 27 years, from New York, California, and England to Spain and back to California.*

Judy Singer: "To go abroad you must use an international carrier. They know about customs and are very professional packers. Insurance is also important when going overseas. We experienced a theft in the hold of the ship, when binoculars and cameras were taken. Check your insurance for such coverage.

"After so many moves, I learned to give away as many books as possible, and send the rest 4th-class mail. I also learned to give up photographs that weighed heavy, outgrown toys. They must be reckoned in dollars or tens of dollars.

"But the major lesson I learned in all these moves is not to try to create a permanent atmosphere immediately at the other end. Do not try to match school terms. Do not hope to start a daily routine as though you have lived there always. It takes a lot of time to learn about an area. Take temporariness as an asset, and start from there."

Special handling

Pets: Movers will arrange for pets to be shipped, with a veterinarian in attendance, for an extra charge.

House Plants: "If you want to ship plants, find an air-conditioned truck in summer, and a heated one in winter," advises Peter Dunlop of Horticulture House. "For short hauls, it is often better to carry them yourself, wrapped in newspaper and then in plastic (such as cleaning bags), perforated at the top. Small plants, such as African violets, may be put in boxes. The only plants I would think of mailing, with special handling, are cactuses."

Frozen food: Movers do not carry frozen food. You can get it packed and air freighted in dry ice, but it usually turns out to be more expensive than the price of the food.

Pianos: Pianos, especially grand pianos, often need special care, and people with valuable instruments are recommended to go to professional piano movers. Call your local piano dealer and ask who they use. (For instance, Steinway in New York uses Leichtman Brothers.) Such movers handle only pianos and organs, using special equipment such as canvas covers and wrapping. They take lids, legs, and hinges off, hoist through windows if necessary, and generally take the best care of your instruments.

13 MOVING HINTS FROM FAMILIES WHO'VE BEEN THROUGH IT AND SURVIVED

1. Pack nonbreakables yourself—such as books and records—in boxes small enough to lift when full. Leave your valuable, fragile things to the professionals.

2. Follow the movers around as they label cartons "living room," etc., and add the details, such as "pillows." It helps at the other end. (When you do the packing, the same rule applies.)

3. Give away or throw out everything you feel you can do without. You pay for every handkerchief you take. Most charities will pick up from your door.

4. Consider mailing books. The cheapest postal rate may be cheaper than the moving rate.

5. Get your carpets and slipcovers cleaned before you move. They will come back to you neatly rolled in paper, ready for moving. If you're moving locally, the cleaner will deliver to your new address.

6. Take photographs of all the rooms in the new house or apartment. This will help children, who sometimes find it hard adjusting, to plan where their furniture will go and how their new room will look.

7. Remember to send change-of-address cards to friends, stores, newspapers, and magazines ahead of time.

8. Have the new home as ready as possible before you arrive—walls painted, floors prepared, shelves lined, and so forth.

9. Pack and label a separate carton of the things you will need immediately on arrival in the new home, so you aren't desperately hunting for the kettle in a sea of cartons. (Ideally, you should take that carton with you.) Also pack a suitcase of clothes you'll need for about 2 days.

10. If you are moving with pets, see that their equipment is unpacked at once in the new home, since pets often find it hard to adjust.

11. Listen to the moving van driver. He is in charge of the move, and can help make the experience infinitely more agreeable.

12. Gather family, friends, or local people around when the goods arrive. They can help enormously in unpacking and getting things in the right place.

13. On the very first day, get the bedroom ready, and set up an area where you can relax in a comfortable chair, rather than sit on boxes when you take a break.

7 TIPS FROM PROFESSIONAL MOVING COMPANIES

1. Start packing well in advance if you mean to do it yourself. Many people plunge in enthusiastically, but then start reminiscing or simply getting tired, and the job is not done when the movers arrive.

2. Estimate the cost of taking certain things, if you are worried about whether they are worth transporting. Using the movers standard estimating form, you can work out how much taking an armchair will cost quite accurately, if it is an interstate move. (For a local move, you must ask, how *long* will it take to move this armchair?

3. Move, if you can, between October and May, remembering that August and September are the busiest months.

4. If something goes wrong or worries you at the start of the move, call the mover's central office number *at once*. Do not wait until the truck is halfway across the country and no longer within the local office's jurisdiction.

5. Go around with the mover when he makes the inventory, noting down scratches, and other damage. He may point out marks you never noticed; establishing the condition of your things right at the start saves argument later.

6. When your goods are unloaded, stay at the front door and check the items off the inventory. This way you won't miss something much later when the driver has gone.

7. Try to relax. All drivers will tell you that their work never goes as smoothly if there are anxious owners hovering about. Most of these are first-time movers; the more experienced ones learn to trust their drivers, and let them get on with it. ■

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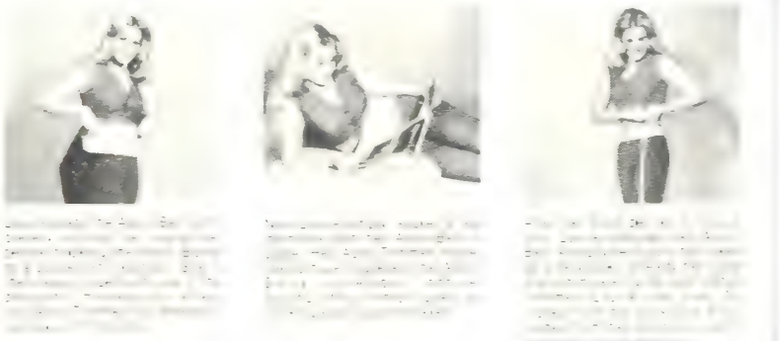
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Laurie Jensen—*"The Astro-Trimmer totally solved my figure problem in just 3 days. That's all the time it took to reduce my waist over 3½ inches—from 28⅛ to 24½; my tummy 5 inches—from 33¼ to 28¼. I loved the program, it was fun, it was easy—and I didn't have to diet."*

HERE IS HOW IT WORKS



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Jim Morgan—*"With the Astro-Trimmer I actually reduced, firmed and tightened my waistline 5 inches—from 33¼ to 28¼—in just 3 days—without dieting. Remarkable results from a remarkable product."*

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BEFORE

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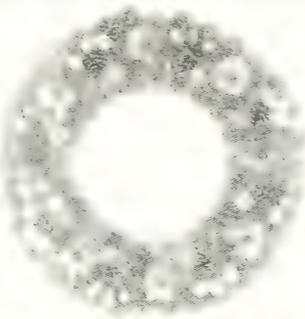
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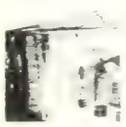
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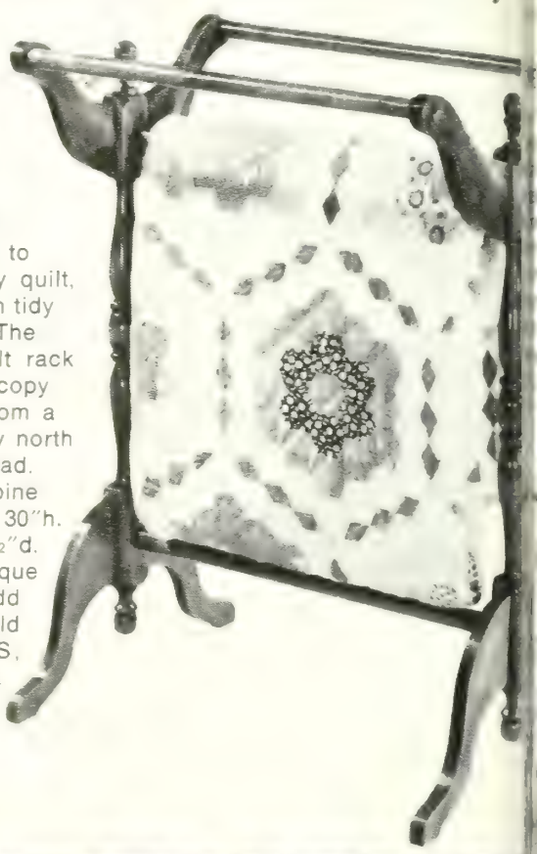
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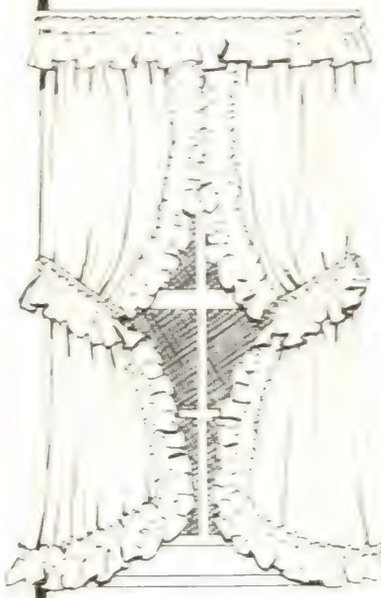
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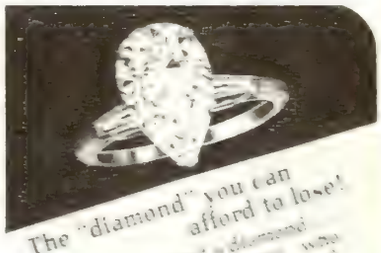


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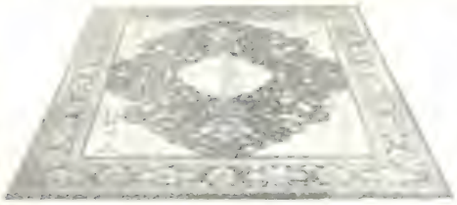
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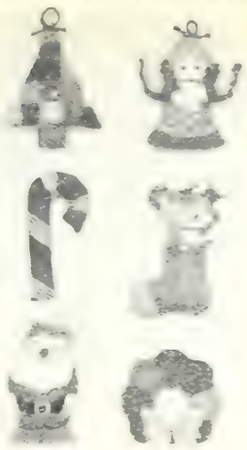


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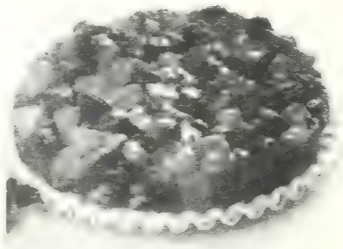
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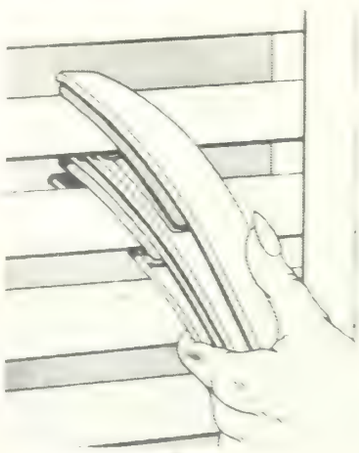
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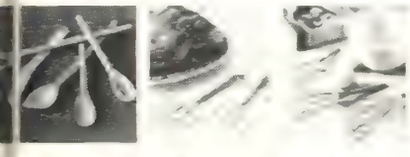
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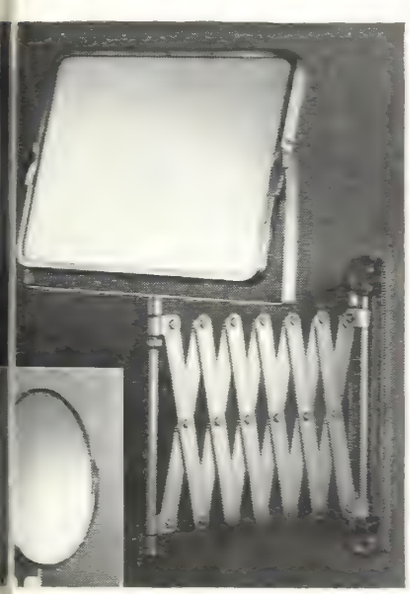
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CRYSTAL JIGGER PITCHER for his bar—easy measuring, spill-free pouring! Classic design in 3" mini-replica—heavy solid crystal base, 1-oz. and 2-oz. levels marked. Handy kitchen helper, too.
5949 **Pitcher $2.98; 3 for $8.50**





WIDE-VIEW MIRROR comes to you for makeup, shaving, hair styling—gives back view with hands free. Two-faced 8x6" mirror extends 30", flips from plain to magnifying, swivels for best angle and light. Polished chromeplated steel.
8672 **Extension Mirror $15.98**

SALE! OVAL (small view). As above but 6x9" oval. Was $14.98.
4723 **Oval Mirror $10.98**





BLOSSOM-BRIGHT [illegible] recipes, no more pasting frayed pages, no more fussing. Expanding file has 8 sections with index tabs—just pop in card or clipping, close it with the grosgrain tie! American-made, easy-clean vinyl [illegible] 8x10", takes little counter space. Nicely gift boxed.
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GENUINE VENETIAN GLASS! From Italy's fabled Murano Island, our own exquisite angel of solid (yes, solid!) hand-shaped glass. Mosaic multihue radiance for her gown—crystal-clear, gold-glinted, for her head, halo, wings and arms. About 3½" [illegible] as each is hand-crafted. Gift boxed, takes standard candle (not included).
4727 **Angel $13.98**



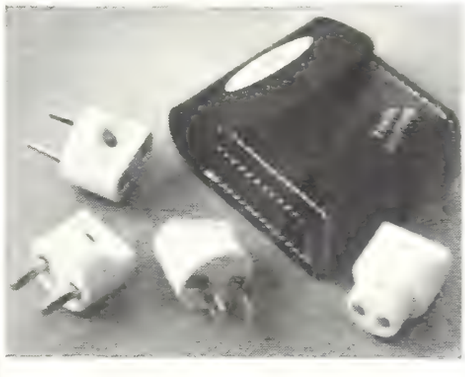
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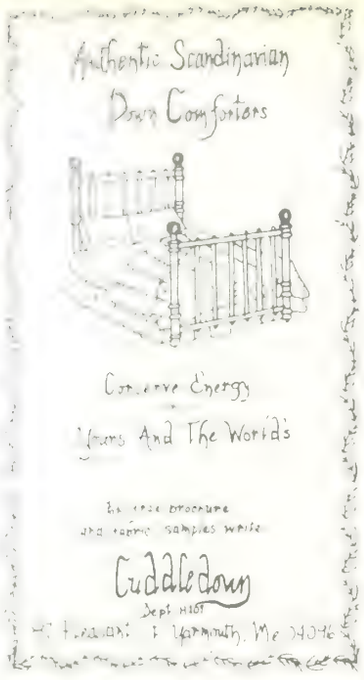
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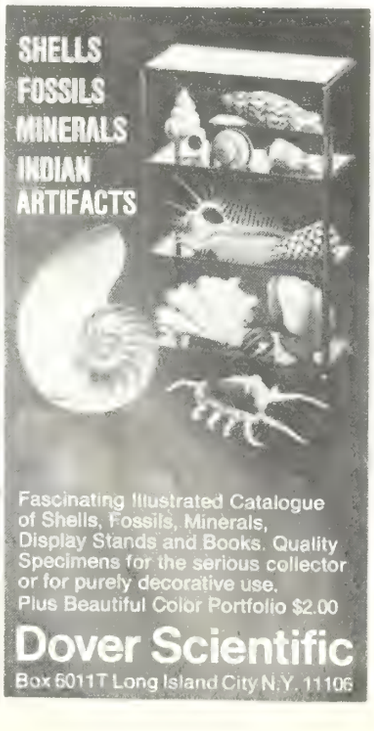
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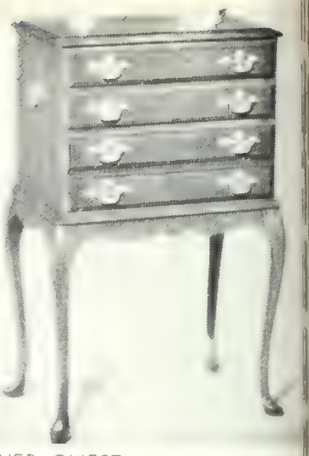


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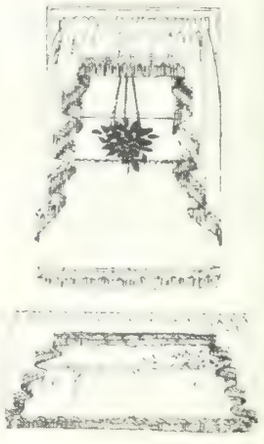
YANKEE CATALOGUE
Catalogue of more than 1000 gifts and accessories, most of them made by hand, are presented in Sturbridge Workshop's latest offering. American furniture, china, prints, glass are designs from the past. 50¢. Sturbridge Yankee Workshop, HG10, 509 Brimfield T'pike, Sturbridge, MA 01566.



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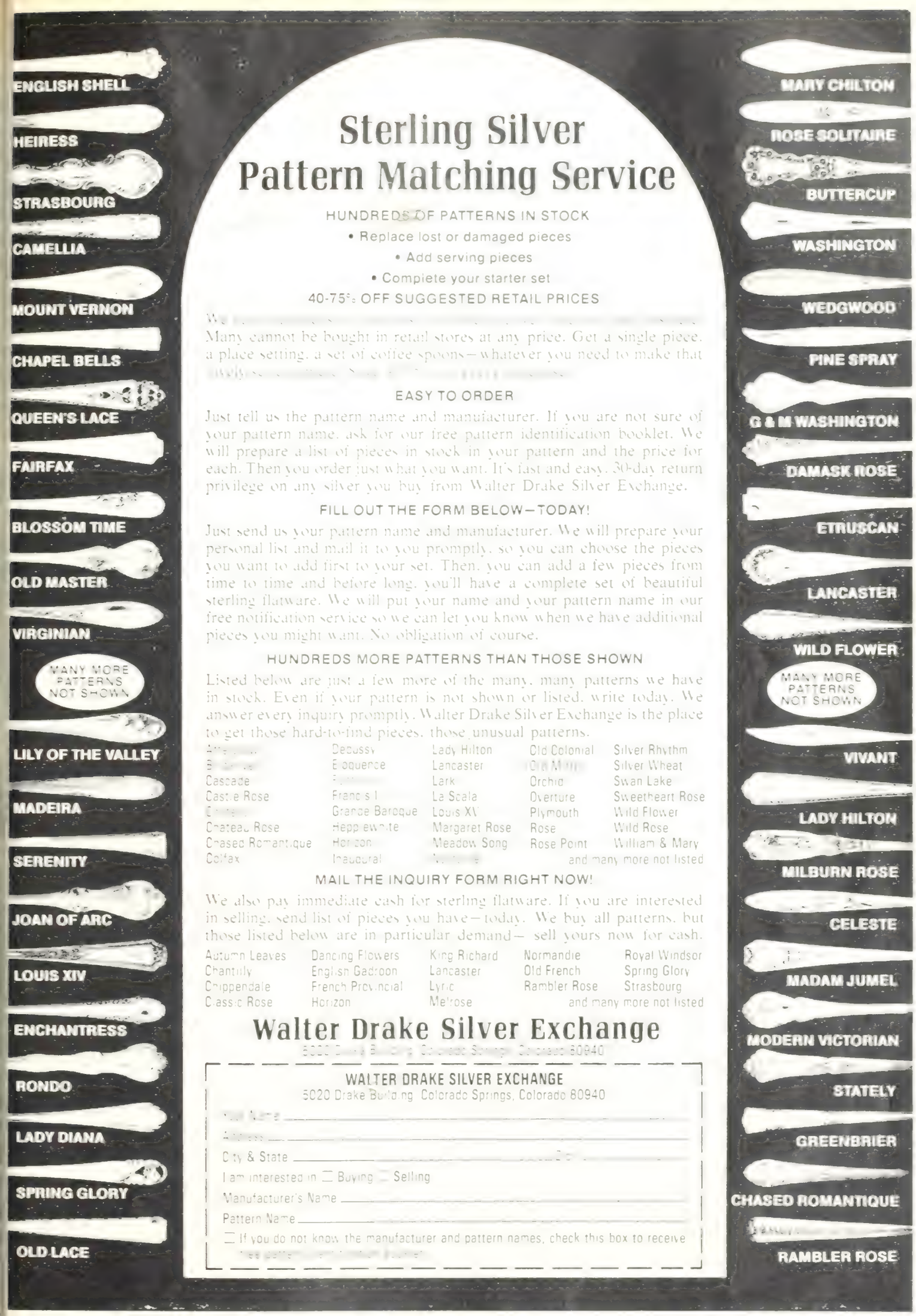
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[illegible]	Grande Baroque	Louis XV	Plymouth	Wild Flower
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Your Name _____

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I am interested in ☐ Buying ☐ Selling

Manufacturer's Name _____

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TAB CURTAINS

The simple elegance of tab curtains makes them as right for the finest Contemporary homes as they are for the most authentic Colonial homes. They are as functional as they are beautiful, sliding easily on simple rods. They do not require expensive and complex drapery hardware. And they are available both in plain natural muslin and in a variety of colors and fabrics to suit your taste. Custom sizes, too.



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Natural: Preshrunk muslin.
White: Polyester/cotton blend.
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	About 80" wide			
LENGTH	45"	54"	63"	72"
Natural or white/eggshell (unlined)	$16	17	17	20	20
Pilgrim Stripe (Wine, Navy, Moss Green, Soft Gold or Brown on natural or white or eggshell	$20	24	24	28	28
Gingham (Yellow, Green, Brown, Red, Blue or Pink)	$16	17	17	20	20
Meissen Stripe (Red, blue green, gold)	$30	32	35	39	42
BALL FRINGE CURTAINS					
Natural or white	$12	13	13	14	14

Valance 10" by 80" each $3.50
WOODEN RODS AND BRACKETS per set $4 Brackets only $3
Set includes two brackets made from birch, four nails and a 36" or 48" (specify) wooden rod, diameter 3/4".
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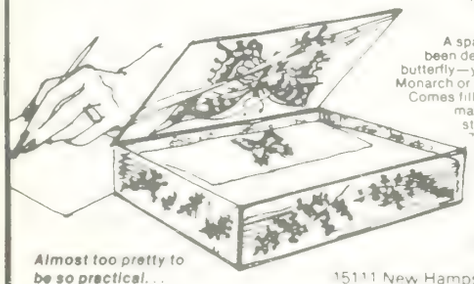
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A sparkling glass box with invisible hinges has been delicately screen printed with a magnificent butterfly—your choice of the brilliant orange and black Monarch or the carefree yellow and black Swallowtail. Comes filled with 24 notes and envelopes printed to match. When empty, it becomes a decorative storage place for all sorts of odds and ends. [illegible] x 2" $15.00 ($1.50 [illegible] postg. & hdlg.

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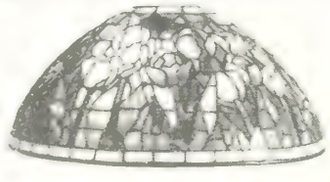
Chairs assembled-unfinished, $59.95 each. Finished in medium dark oak, hand-rubbed, $74.95 each. Kits, chairs packed 2 to carton; add $3.00 each for single item packing. Solid seats available at same prices, kit or chairs.

10-day full-refund inspection period for kits and chairs. Checks, major credit cards accepted. Freight collect.

Full color catalog contains many matching kits and assembled pieces; just $1.00, refundable with first order

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"Taper" smart open-toe shoe in hard-to-find sizes. Graceful 2½" stacked heel. Choose rust or black calf. Sizes: N-M 10 to 12 or W-XW 6 to 12. $32.95 plus $1.75 postage. Send for free new Fall/Winter JN catalogue. Nierman's, HG10, 17 North State St., Chicago, IL 60602.



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It's sweeping the country! Last year we sold thousands at $19.95. It's the machine you use only minutes a day to shape up your waist — simply by toning up slack stomach muscles! And now it's yours at a price-shattering savings! **Tummy Firmer** is specially designed to exercise those muscles at your waistline that get flabby and let your stomach bulge out. And you do it just as slowly or as fast as you like! Simply move the padded carriage back and forth on the track. You can feel it working the very first time you use it. You'll be amazed at how soon you start to shape up . . . how quickly your muscles tone to hold you in naturally like a living girdle!

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Now! Amazing "Pill-In-A-Plan" Actually LIQUIFIES AWAY Pounds...

TURNS UGLY FAT INTO HARMLESS WATER

And FLOWS It Right Out Of Your Body—FOREVER!

It's true! Now — without risking a single penny — IN ONE WEEKEND you lose up to 6 pounds of ugly fat and fluid! IN 14 SHORT DAYS — up to 12 pounds of excess weight **flows** right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS — inches of flab that you can actually feel and measure — gallop right off your waistline!

But this is just the beginning! Because then — thanks to this amazing ACTIVE reducing agent that actually helps your body oxidize fat . . . **burn** it up . . . **liquify** fat and flow it right out of your life by automatically and almost instantly WATER-LOCKING ravenous hunger pangs right out of your body — you will effortlessly eat less and go on to lose 20 . . . 30 . . . 40 pounds of ugly fat from every corner of your body — AND **KEEP** THAT FAT OFF YOUR BODY — FOREVER!

Yes! And best of all, as long as you faithfully and happily follow this road, you will accomplish all this without starvation diets, without a single ravenously hungry moment, without even giving up reasonable and enjoyable portions of the foods you love!

Of course it sounds too good to be true! But the principles behind this thrilling PERMANENT REDUCING PLAN have been confirmed by doctors all over the world. And now the very same method reported in medical journal after medical journal — is released to you through this announcement — to help you get rid of ugly excess fat faster, easier, and safer than you have ever dreamed possible!

You MUST be happy with the fantastic results — OR IT DOESN'T COST YOU A PENNY! You have nothing to lose but ugly fat. Read these thrilling facts! Prove it yourself — in 14 astounding days — OR PAY NOTHING!

Stop Punishing Yourself! Here's Why Those Pounds Never Stayed Off!

Let's start this way. You probably tried time and again to accomplish the job of reducing — BY YOURSELF! You spent week after week of torture. You pushed away the foods you love. And finally, if you could bear the punishment, you squeezed off 3, 5, or even 10 stubborn pounds.

And then your willpower snapped! You stopped your brutal diet. Your fat dripped back — **heavier, and uglier, and more dangerous than ever before!**

AN ENTIRELY NEW KIND OF REDUCING AGENT WAS NEEDED BY YOU! An ACTIVE agent that would help conquer ugly fat at its source — **OVEREATING!** What simply had to be found was a **Natural** ingredient that would help YOUR BODY'S OWN **NATURAL** PROCESSES burn up and **liquify** that fat — quickly, easily, and safely. A Natural ingredient synthesized and automatically tied to a Permanent Plan that would once and forever hurdle the Final Two Barriers to Lifetime Slimness: firstly, by **shielding** the human body against the root cause of your present fat buildup — OVEREATING — and secondly, by LOCKING OUT **future** fat buildup — THE **RETURN** OF THAT RUNAWAY APPETITE — for the rest of your entire adult life! Actually keep those 20 . . . 30 . . . 40 pounds of extra fat from ever piling up on your body again — **EVER!**

Now! Nature Succeeds Where You Have Always Failed!

Researchers hunted for such a reducing agent for years. Then it was found — innocently hiding in the cell walls of ALL PRECIOUS PLANT LIFE! An amazing Natural ingredient called Cellulose — that actually possessed astounding **WATER-BINDING** qualities! Immediately, doctors know that a **whole new world** had opened up to reducing science. Because here at last was the magic ingredient that would — by automatically eliminating the desire to overeat — inevitably let your body NATURALLY turn ugly fat into harmless water — and then FLOW THAT LIQUID FAT RIGHT OUT OF YOUR BODY! Now for the first time in your life, you could watch inch after inch and pound after pound of fluid fat drip right out of your body like water dripping out of a tap — WITHOUT TORTURE — WITHOUT SLIDING BACK!

Let me explain. Your own doctor will tell you that the fat inside your body is distributed, in massive globs, in FAT STORAGE POCKETS underneath your skin. You can touch these pockets yourself — at your waistline, on your stomach, your thighs, behind your hips, on your shoulders, chest and chin — disfiguring your entire body!

And if you honestly want to reduce all over your body, then you have to attack all of these fat pockets **at the same time!** You have to **drain** the ugly fat out of those pockets . . . into your blood stream . . . so it can be burned up and **LIQUIFIED** inside your body.

And — now — this is exactly what **WATER-BINDING** Cellulose helps your body do! It actually helps **LIQUIFY** that fat every minute of the day. While you sleep. While you eat. While you play. It helps turn that solid fat into liquid inside your body . . . it helps your body melt down ugly fat into harmless water . . . and then it helps flow that water right out of your body — FOREVER!

Think of it! Because of its natural **WATER-BINDING** qualities, this Wonder Worker duplicated from Nature's Plant Garden — when taken with a glass of water just as naturally as washing down your daily vitamin pill with water — actually BINDS AND BLENDS with that water to give your stomach a feeling of almost impossible-to-believe satisfaction! That's why **WATER-BINDING** Cellulose now is used wherever the special need exists to provide overweight men and women with APPETITE SATISFACTION WITHOUT CALORIES . . . wherever the special need exists to CONQUER RUNAWAY HUNGER — FOREVER!

Yes! No wonder **WATER-BINDING** Cellulose is now used by the Diet **Drinks** Industry to add the "feeling" of body to those drinks WITHOUT ADDING CALORIES! By the Diet **Foods** Industry because it binds with the moisture in those foods to give you an incomparable "feeling" of FULLNESS AND SATISFACTION — WITHOUT CALORIES! By the **Bread** Industry because it binds with the moisture in those loaves to increase the "feeling" of volume in those breads — WITHOUT ADDING MORE FATTENING DOUGH — WITHOUT ADDING CALORIES!

Lose Up to 20, 30, Even 40 Pounds — FOREVER!

It's true! Reducing results should be fantastic. You will NOT give up on the foods you love — you will only have that amazing satisfied feeling that lets you **simply and naturally cut down on them.** You will NOT be on a starvation diet — and obviously, you will never experience a single moment of ravenous hunger!

While you are feasting on perfectly reasonable portions of mouth-watering steaks, thick juicy slices of roast beef, potatoes, butter and bread — you should lose inch after inch of fat from your waist, thighs, hips — all over your body! Clothes you had given up on forever, should begin to come out of closets again!

Yes! IN ONE WEEKEND you will lose up to 6 pounds of ugly fat and fluid! IN 14 SHORT DAYS — up to 12 pounds of excess weight **flows** right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS — inches of flab that you can actually feel and measure — gallop right off your waistline! And then you will go on from there to lose 20 . . . 30 . . . 40 pounds of extra fat from every corner of your body — AND KEEP THAT FAT OFF FOREVER! Because from now on, for as long as you faithfully and happily follow this road, you have an active, natural, fat-fighter automatically tied to a foolproof Lifetime Plan that, together, will actually help keep that ugly fat from forming on your body ever again! Actually keep it off — FOR THE REST OF YOUR ENTIRE ADULT LIFE!

Prove It Yourself For 14 Amazing Days — Entirely At Our Risk!

Yes! Now this same proven PERMANENT REDUCING PLAN is yours to try, in your own home, without risking a penny! It must flow ugly excess fat right out of your body, before your very own eyes, in the first 14 days alone — OR EVERY PENNY OF YOUR PURCHASE PRICE BACK (less postage & handling)!

Remember, this is not guesswork, conjecture, or exaggeration. IT IS REPORTED MEDICAL OPINION! The principles behind thrilling PRP have been praised by doctors in leading medical journals all over the world.

The price is only $6.95 for 75 tablets, or a full two-weeks supply. Or, if you wish, you may order the wonder-working 100-tablet or 150-tablet supply — and save surprising amounts of money! With the same money-back guarantee, of course.

You have nothing to lose — but ugly weight. The first 14 days alone MUST give you the reducing results you have prayed for, for years, or your money back. Mail the No-Risk Coupon, TODAY!

VITAL ANNOUNCEMENT!

Read this notice — clip it out — don't lose it! It probably is the most thrilling vote of confidence for a Reducing Breakthrough that you will ever read!

It reminds you — no, it actually INSISTS — that you do not let your happiness run away with your common-sense! Even though PRP automatically, safely, and easily WATER-LOCKS runaway appetite right out of your life — you must not stop eating at least two nutritious meals a day. That's why you get a beautifully balanced and calorically nutritious Plan with this thrilling product.

Remember. We confidently invite you to discuss PRP "Pill-In-A-Plan" with your very own doctor. See if he doesn't agree that here, at last, is the amazingly foolproof way to turn ugly fat into harmless water — AND FLOW IT RIGHT OUT OF YOUR BODY, FOREVER!

Prove it yourself — in 14 amazing days. Mail the No-Risk Coupon, **now!**



IN 14 SHORT DAYS ALL YOU LOSE IS WEIGHT . . . WEIGHT . . . WEIGHT!

Yes! Read this section carefully. If you are perfectly honest, you will admit to yourself that this simply has to be the most thrilling reducing guarantee you have ever read!

(1): IN ONE WEEKEND — you must lose up to 6 pounds of ugly fat and fluid . . .

(2): IN 14 SHORT DAYS — you must lose up to 12 pounds of excess weight from every part of your body — thighs, hips, stomach, shoulders, face and neck . . .

(3): IN THOSE SAME 2 WEEKS — inches of flab must gallop right off your waistline . . .

— OR you simply return the unused portion of PRP for YOUR FULL PURCHASE PRICE BACK!

Do you **really** want to flow ugly fat right out of your body — forever? Now you have the way to do it. Mail No-Risk Coupon, TODAY!

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

MAIL NO-RISK COUPON TODAY

PERMANENT REDUCING PLAN, Dept. PRP- 109
Caroline Road, Philadelphia, PA 19176

Yes! Please rush me this amazing PRP "Pill-in-a-Plan" to help me flow excess fat right out of my body faster and easier than I ever dreamed possible. I want the offer checked below. If not delighted, I may return it within 14 days for my full purchase price back (except postage & handling).

____(#200) Full **75-Tablet** Supply only $6.95 plus 35¢ postage & handling.
____(#218) Full **100-Tablet** Supply only **$8.95** (Save $1.50) plus 50¢ postage & handling.
____(#226) Full **150-Tablet** Supply only **$11.95** (Save $2.00) plus 65¢ postage & handling.

Amount enclosed $_____. PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one) Exp. Date_____

☐ BankAmericard
☐ American Express
☐ Master Charge

BANK NUMBER ___ ___ ___ ___

Credit Card # _____

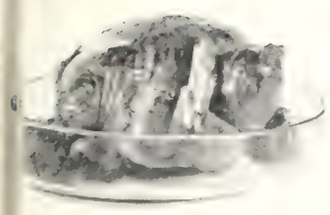
Name _____

Address _____ Apt. # _____

City _____ State _____ Zip _____

5563

Div. of American Consumer, Inc.



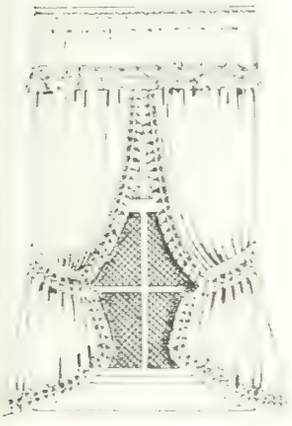
CROWAVE COOKWARE

corners to overcook on roast
casserole in oval Pyrex dish
t goes from freezer to oven to
le. 13½" by 9" by 2¼". For
ventional cooking as well. $7
s $1.50 post. Free brochure
v microwave ware. Micro-Cook
ducts, Inc., HG10, Box 159,
ncoe, IL 60022.



REEL-Y HANDY

This very practical key holder does away with fumbling and groping. Reel clips inside purse; unreels keys, automatically rewinds into case. Clip to your bag, pocket or belt. $2.98 plus 35¢ post. Order from Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



RIOD CHARM

notted brush 2" fringe on 65% olyester/35% cotton. Natural or hite. Wash/dry; no-iron. 90"W ir. 24", 30", 36", 40" $8.50; 5", 54", 63" $11; 72", 81", 90" .4; valance $4; tiebacks $1. Add ? post. Free catalogue. Colonial aid Curtains, G10F, Lawn Ter-ce, Marmaroneck, NY 10543.



COLLECTOR'S ITEM

First in an annual limited edition series, 1978 Goebel Easter Egg, from the makers of famous Hummel figurines. Bright little chick in bas-relief looks out from smooth white ceramic egg. Attached brass stand. 3" h. $8 plus 75¢ post. Downs, Dept. 1410-Z, Evanston, IL 60204.



turn them into profits!!

and have fun doing it . . .

If you love flowers, you can create gorgeous arrangements and gain profits in your home! Learn the delicate art of corsages, bridal flowers, table arrangements or sprays. As a hobby, career, home-business, part or full time . . . or start a shop of your own! Free color brochure shows you how to learn professional flower arranging, plus FREE 3 months subscription to FLOWER TALK publication for home flower arrangers. Write today!

Floral Art Center
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Dept. 7NJ
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Phoenix, Ariz. 85006



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Our elegant spoon holder, in pressed glass, is an exact copy of those produced over 100 years ago, with the same exquisite panel thistle design. In the old days it held spoons, today it acts as an uncommonly handsome celery holder or unusual flower vase. Certainly, it's a prized collector's find and an antique lover's delight! 5½" tall.

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Introducing The International Silver 1977 Christmas Spoon



The Greatest Stocking Stuffer of the year at a remarkable $2.95!

International Silver wants you to welcome in the season with the finest stocking stuffer of all. . . their 1977 Christmas Spoon. This exquisite demitasse size handcrafted spoon, in heavy silverplate, is guaranteed to set a gleam in the eye of all who receive it. And each 1977 Christmas Spoon comes nestled in its own hand stitched red and white felt stocking! There's absolutely no finer way to provide a more thoughtful gift, as well as continue the International Silver Christmas Spoon tradition.

At $2.95, order as many as you have stockings to fill!

International Collector's Guild, Ltd. Dept. C10
9000 Sunset Blvd., Los Angeles, Calif. 90069

YES, I want the remarkable 1977 Christmas Spoon by International Silver Company. I have ____ stockings to fill at $2.95 ea. + .50 for postage and handling, for a total of $ _____ . Calif. residents please add 6% sales tax.

☐ My check or money order is enclosed

Name

Address

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Please charge my credit card. (Minimum order: 2 spoons.)

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Acc't #

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Page Magnifier is handy for looking up telephone or map directory listings, stock market reports, etc. The whole page is magnified at one time. Wafer thin and measures 7" x 10".

PAGE MAGNIFIER ..... $3.98 Plus 40¢ Postage and Handling

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Handcrafted letters
2½" deep



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An unforgettable gift. Rich hand rubbed finish puts the finishing touch to this unique desk accessory. Up to 11 letters, $27.50; up to 15 letters, $31.50. Add $2.50 for each letter over 15. Please add $1.50 shipping.

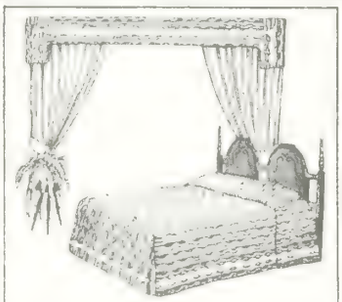


Genuine Jade Bracelet

Exotic oriental jade bracelet exquisitely fashioned from four matching curved jade bars, and linked together with golden Chinese symbols. Safety catch chain enhances this beautiful gift of fine quality. **$14.95**

Add $1.00 postage & handling.
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Regina's
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CUSTOM BEDSPREADS THAT FIT!

That's what you get when we quilt and design your fabric to your bed's dimensions. Beautifully tailored from your fabric and superbly constructed. All qualities you need for the ultimate in decorating. Let us match or contrast pillows, valances, drapes and head boards from your fabric. Write today for Color Brochure for only $1.00. We've been experts in custom spreads for over 25 years.

Carolina Studios
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Southern Pines, N. C. 28387



JACK FROST, HIMSELF

Handcrafted felt pixie has winning ways, an impish grin and can be easily moved into many antic positions. White body, pinkish head, red, dark green or mint green muffler, green stitching. 22", $12; 10", $6. Add $1.25 post. Annalee's Workshop, HG10, Box 446, Meredith, NH 03253.



PRETTY TABLE PIECE

Charming small tureen of v ceramic, with pastel roses. H about one quart, perfect for g vegetable, chocolate sauce— flowers. Goes well with other nerware. Tureen, lid, ladle $ plus 90¢ post. each. The A Touch, 12 H Water St., Mawr, PA 19010.



QUICK TRIM

Handy hair-trimmer does the job professionally in minutes. Made in Sweden, fine quality, adjustment for regular trim, medium, scalp-close. Trims as it combs. Mom can do the job or Dad. $2.98 plus 35¢ post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



CHRISTMAS TRAVELLER

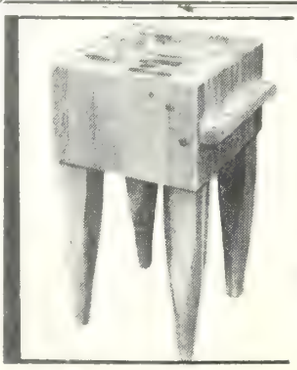
Second edition of Krystal E 1977 series of ornaments cre by West German artisans. H cut crystal accented with ra brass stars encircles the che 3⅝" dia. Limited to 5000 Gift boxed. $5.95 plus 25¢ p Hickory House Collector, HC 823 N. Court, Ottumwa, IA 52



MONOGRAM PILLOW

Any single initial, Ivory Embroider and Trimmed on fine Cotton Velvet, 1 sq., lush dacron fiberfill, zippered. (Q,I,U,X,Y,Z.) Your choice of colors Ru Sand Beige, Wedgwood Blue, Ea Brown, Gold . . . $22.50 plus $1. pst. & hdlg. (Calif. add $1.35 sal tax), satisf. guar'd. Send check or M. (no C.O.D.'s or Canada orders). All 60 days (or sooner).

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12" thick solid block complete with knife rack. 34" high. 18"x18", $143. 18"x24", $171. 24"x24", $199. Mail or phone orders. Master Charge or BankAmericard. N.Y., N.J. and Illinois residents add tax. Shpg. chgs. col. **52 Page Catalog $1.**

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THE BUTCHER BLOCK

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SPORTY CARDIGAN

From Scotland. Slimming wide-ribbed waist, avant garde inside twist design tracing neck and front. Natural, white, citron, scarlet. State 1, 2, 3rd choice. Sizes 34 to 40. $50 plus $3 post. Continental, HG10, Box 842, St. Thomas, VI 00801.

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licately hand-embroidered table cloth that's truly a work of
he floral patterns will compliment any decor. Polyester
cotton, 72" by 108" with 12 napkins, $27.50 ppd.
chand's, HG10, Box 3559, St. Thomas, VI 00801.

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an origin features
ate filigree design
spersing a narrow
n. 14K gold. In 15"
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e Vendome, HG10, Box
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EAT CHRISTMAS PRESENT

nd living in sunny St. Croix. Waterfront condominium, hilltop
se or homesite, you'll find wide choice at reasonable prices.
tfolio of detailed information, all price ranges, $1.
ar Real Estate, 54 King St., Christiansted, St. Croix, VI 00820.

HAND EMBROIDERED PILLOW CASES



22" by 34" **$4.95** ppd.

HAND EMBROIDERED LINENS
TABLE CLOTHS 72" by 90"
with 8 napkins $23.50 ppd.
SEND FOR FREE BROCHURE

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P.O. BOX 3559 ST. THOMAS
U.S. VIRGIN ISLANDS 00801



NECKTIES FROM THE ISLANDS

Let the tradewinds blow through his closet this season with a hand blocked silk-screened necktie from the Caribbean in cotton blend machine wash and dry—no ironing needed. Choose from four West Indian designs: Banana Leaf Print, as shown (navy-on-white), Bamboo Print, as shown (brown and black-on-white), Marijuana Print (blue and green-on-white), Island Shell Print (chocolate-on-white) $9.95. Also available in authentic island patchwork @ $12.95 (Please specify). Postage paid. Duty free for U.S.A.

The Grand Closet
P.O. Box 1339, St. Thomas, U.S.V.I. 00801



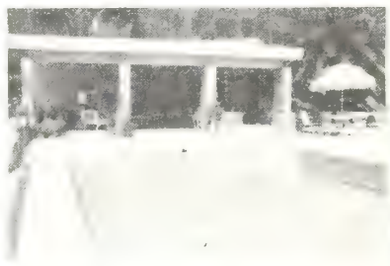
Butter-soft Camel Hair Import from Scotland

Made by perhaps the best-known designer-maker in Scotland. More than just another cardigan, this hand-detailed sweater is fashion that completes the ensemble. The longer length complements dresses, skirts and slacks. One inch rib on bottom and sleeve. Gold metal buttons. Camel color only in sizes 34 to 40. Our price is a minimum 25% less than stateside for the identical sweater. Only $45 including postage and handling. Write Dept. HG P.O. Box 842 St.Thomas, U.S.V.I. 00801

Continental INC.
St. Thomas - St. Croix

LUXURIOUS TROPICAL HOME

On five hilltop acres in St. Croix with magnificent harbour view, this gracious house has three bedrooms, two baths, swimming pool with spacious informal entertainment area. Handsome stonework, beautiful flowering trees. Completely furnished. $225,000.



Pivar 54 King Street, Christiansted St. Croix, U.S.V.I. 00820 809-773-0595

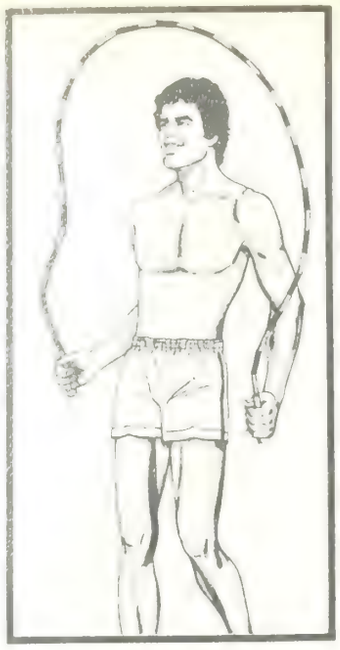
ORBIT WATCH

Today timing - Panorama orbit watch has 17-Jewel Navarre Swiss movement and one year guarantee. Trick here is the sparkling, twinkling effect around the face. Looks as if it's set with precious stones. Second hand is a floating red orbit. The band? Any color you choose. The price? Just **$13.95** air postpaid.



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SHAPE UP WITH HEALTH JUMPER EXERCISER

100% more effective than jogging. The easy, fun way to firm and slim your body. Stay in beautiful shape wherever you are . . . at home, while traveling, or in the office. A professional exercise device . . . scientifically designed with specially weighted unbreakable plastic links which do not twist or knot. Not fatiguing or monotonous and can be done rain or shine. For Men and Women. Exercise instructions included.

HEALTH JUMPER EXERCISER . . . $4.98 + 65¢ Mailing Each

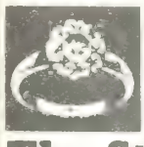
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14 Day Money Back Guarantee

Anthony Enterprises Dept. HG-107 556 Mission, San Francisco, Calif. 94105

REWARD! The Strongite 'IMPOSTER' DIAMOND

At Only $8.00 Per Carat Unmounted



Priced to invite comparison anywhere in The Strongite Country. 10-days to prove it or your money-back. The Strongite 'Imposter' Diamond is the hardest, most dazzling imitation jewel ever. 58 facets, pure white, flawless. Unconditional lifetime guarantee. **FREE 1977 Color catalog.**



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SEND YOUR NEGATIVE FOR A **FREE SAMPLE Photo Christmas Card**



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Add 20¢ for Handling

TRIM COLOR (Square Photo) **25** for only **$3.50** Add 50¢ for Handlg.
Includes envelopes. Addtnl cards 16¢ ea. Made from your square neg. From slide add 50¢; from color photo add $1.50. Only SLIM CARDS can be made from 110 neg.

SLIM COLOR (3½ x 7) **25** for only **$4.50** Add 50¢ for Handlg
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BLACK & WHITE (3½ x 5) **25** for only **$1.00** Add 50¢ for Handlg.
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Satisfaction guaranteed or money back. No C.O.D.'s. Send check, cash or M.O. SAMPLE offer expires November 19.

PHILIPS FOTO CO. DEPT. HG7, ELMSFORD, N.Y. 10523



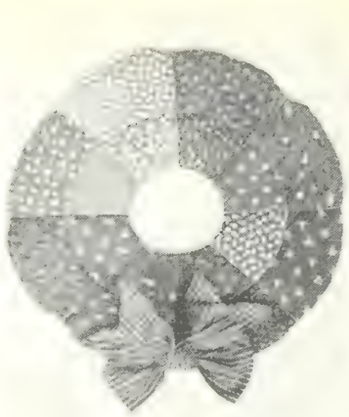
BOOK & BAW

"The Taddies" is an original and delightful beautifully illustrated fairy tale. ("The Yorkies", another fairy tale is soon to be released.)

BAW is the newest cuddly nursery toy replacing the security blanket. Handcrafted puppet enables BAW to be worn on hand of child or parent.

Machine wash and dry—approx. 5½" X 15" Blue, yellow, or white (State second choice) $7.50 includes postage & handling.

BOOK & BAW
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Ottawa, Ont. Canada K1Y OK6



CHRISTMAS WREATH KIT

Nostalgic patchwork quilted wreath is easy to seam by hand or machine. Kit contains: pre-printed patchwork in colorful calico, bonded polyester for stuffing, red/white bow fabric, instructions. Size 17". $4.95, two, $8.95. Post. 75¢ each. Phoebe, HG107, 135 Soundview Dr., Lake Success, NY 11020.



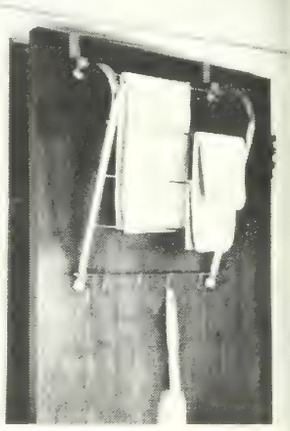
FIVE INCH RUFFLES

No-iron polyester/cotton broa cloth curtains. 86" w; tieback 45", $13; 54", $14; 63", $1 72", $16; 84", $17; 90", $17.5 White or eggshell. Valance $2.5 Add $1.75 post. Catalogue swatches, $1. Mathers, HG10, 3 E. Main St., Westminster, M 21157.



QUICK BRICK CLEANER

Put an end to dull or dirty bricks around your fireplace, barbecue, or patio—the quick cleaning-action of Bric-Nu removes smoke, carbon, soot, lime, alkali, or any kind of stain; . . . bricks look like new! Pint, $3.98 plus 85¢ post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



AT THE READY

Handsome chrome plated towe rack hooks over the bath or pow der room door, but won't interfer with its closing. Five 17" rods hol towels and four hooks are read for washcloths. Rack is 19" high $5.98 ppd. A real convenience Miles Kimball, 100 Bond Street Oshkosh, WI 54906.



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A charming version of the old classic with antique ivory dial, hinged glass door, dark stained solid pine base. Brass bezel and swinging pendulum. 11" by 16". Battery (not included) operated. Choice of Arabic or Roman numerals. Guaranteed one year.

Only $35.95 plus $2.00 postage and handling.

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WATERBED FRAMES



SAVE $$$

Build your own waterbed frame (with bookcase headboard) with our complete, easy-to-follow instructions. Only $3.95 ppd. Specify King (72" x 84") or Queen (60" x 84") when ordering from:

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FEMAIL

A Club for women who never join clubs

We're the people who started the Generation Gap—one of the most exciting women's fashion boutiques on the West Coast. Only one problem. You had to come to San Francisco to shop at our store. So we decided, why not send out catalogs that would let you order the same fashions we were selling in our store *by mail!* That way, we could pass on to you the money we'd save on rent, salaries, lights, etc. Nice, eh? A Club that saves you up to 30% and more on all the best clothes, cosmetics, jewelry and gift items.

The response was overwhelming

So many, many of you responded — we were not only gratified — but actually overwhelmed! Totally. So we asked some of the top experts in America to help. The result? A completely new organization that includes not just San Francisco, but all the fashion capitals: New York, Los Angeles, Chicago, Atlanta, Dallas, etc. And most important, some of the most talented people in America (wait till you meet them!), all dedicated to making sure that the Club will be one of the most wonderful and exciting experiences of your life.

We've arranged some "adventures" for you

Even at 30% off, there's bound to be a limit to your clothing budget. So we've arranged for card-carrying members to receive special rates on vacation travel packages to places all over the world. We even have a Special Events coordinator at your disposal — she'll give you terrific ideas you may never have thought of. So if you're ever wondering what to do once you've got all those great new threads on your back — this one feature of Femail will make the whole thing worthwhile.

The old Free Gift Ploy

We'll not mince words. It costs $5 for a year's membership in our Club. BUT HANG ON — even that we can make palatable. If you join Femail now, we'll send you a hand-cut, hand-polished and hand-set teardrop pendant of genuine Oriental Jade. Created by a famed Fifth Avenue jeweler, this beautiful pendant is now selling for $10. And if that isn't enough ...

Plus $5.00 in free "offs".

With our membership we're also going to give you $5.00 in gift certificates. So you can choose items from any of your catalogs (and you'll find a lot to lust after), and you'll get a total of $5.00 off their already lavishly discounted prices. Notice how the paragraphs are getting shorter? We must be near the end.

It cost us a bundle to run this ad. So ...

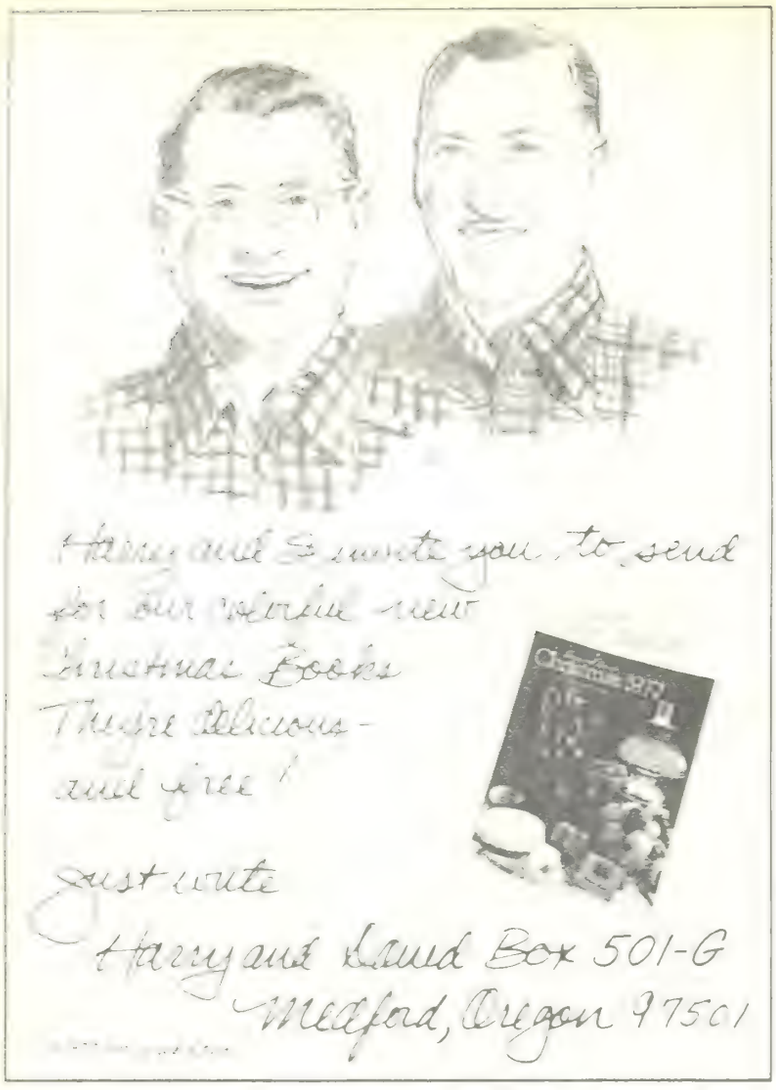
We think Femail is the best money-saving, fashion-buying, fun-having idea anyone's ever come up with. And there's a few things about our Club that we haven't even mentioned (like your personal panel of renowned experts ready to give you personal and individualized help on everything from makeup to hair care to physical fitness to interior design ... and there's our Super Specials: savings up to 60% in each catalog). But we can't afford to hound you. You either join now (and enjoy) or you turn the page. Later on, when you meet a slithery Femail winging off to the Med, wearing a devastating dress she paid heaven knows how absurdly little for ... well, don't say we didn't tell you.



NAME
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ZIP

Femail
103 Park Avenue
New York, N.Y. 10017

"You're not, so just sit still and wait for our package to arrive.



ONE PERFECT ROSE



The lovely aroma of Spring fills the air with the rose's first bloom. Renowned metal sculptor Perry Marshall has created one perfect bud atop this hand-made copper bell. Petals and leaves are hand enamelled and fired to a fade-proof gloss. Specify red, white, pink or yellow [illegible]

Unicorn Gallery

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Md. residents add tax

gentry-lucas tapestry works



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Wouldn't a timeless heirloom tapestry enrich your home atmosphere? Your family crest sculptured of wool, hand made for you, will last many generations. call us: [517] 349-5586 or write for our tapestry idea brochure.

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FROM FACTORY TO YOU
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[illegible] handwoven cord seat.
READY to finish, $29.95
Finished in walnut, maple, or pine, $33.95
Matching Armchair Minimum Order
Add $4.00 to Above Prices 2 Pieces

MARION TRAVIS
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Statesville, North Carolina

SHOPPING AROUND



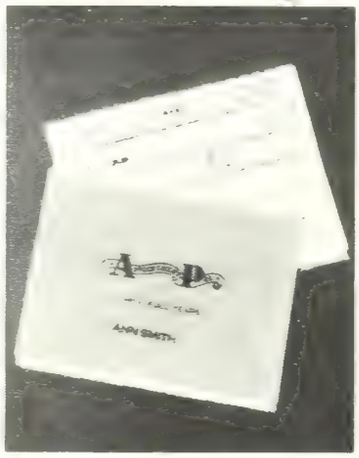
STAND 'N' GREEN THUMB

Rain Pot is capillary system to water, feed plants when you're away. Refill every 2 weeks. Acrylic inner pot in white, orange, yellow, green. Clear 6" styrene outer pot, glass fiber wick. $4.99 plus 50¢ post. Catalogue 25¢. Plantcraft, HG10, 79 Wall St., Suite 501, New York, NY 10005.



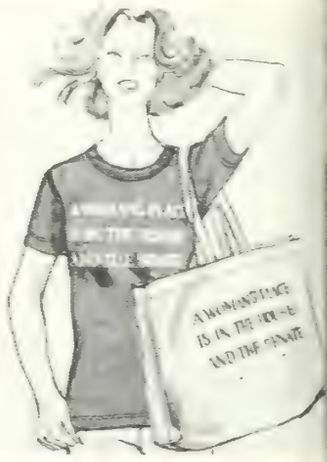
PEWTER CORDIALS

Gracefully shaped cordials har crafted by American pewtere have a timeless beauty. Each 3" tall to hold one ounce of yo favorite cordial. Set of four in v vet lined gift box, $26.98 plus post. L. B. & R. Enterprises, H 10, Box 1913, Rochester, N 03867.



THREE YEAR DIARY

The three year calendar has a page for every month of '78, '79 and '80. Backs of the pages are blank for diary notes. Spiral binding with 8½" by 11" pages. May be personalized with full name in silver for $2.59. Plain, $2. Ppd. Miles Kimball, 100 Bond St., Oshkosh, WI 54906.



ASSERTIVE PAIR

Meaningful remark. "A woman's place is in the house and in th Senate." Navy letters on natur canvas tote 15" by 16", $1 French cut T-Shirt, pure cotto S/M/L. White, black, brown, re navy. $11. Add $1 post. eac Postique, HG10, 216 W. 89th S New York, NY 10024.



NEW CANDLE DÉCOR

Jumbo candle and holder. Real jute rope holder, intriguing endless knot. A paraffin burgundy candle, 7" tall. Hand-dipped in pairs. Each burns at least 23 hours. Holder, two candles, $7.98; two extra candles set $3.98 plus 75¢ post. Lillian Vernon, GOE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.



WHO'S TO KNOW

Burglars or other would-be male factors will bypass premises hav ing a warning decal advertising a alarm system. Self-adhesive viny stickers are bright yellow an green. Set of four, $1.98 plus 20 post. Anthony Enterprises, HG1C 556 Mission St., San Francisco CA 94105.



V S OF JADE

tt balls of Oriental jade set in
2k gold filled chain 15" long
a beautifully with ¼" jade ball
os earrings to shimmer through
ar evenings this fall and the
ol ays. Post earrings, $6; neck-
ce 9.50; set $13.50. Ppd. Alisan
re ions, Dept. HG107, 1 Leth-
ie Plaza, Mahwah, NJ 07430.



A YEAR OF FLOWERS

Twelve months caught beautifully in full color by an 18th century artist, Robert Furber. Print on neutral beige mat, under glass, gold-leafed frame. Overall 9" by 10". For small area, grouping. Specify month(s). Each $12.99 plus $1.50 post. Waters' Mill, G-8, Box 958, Morganton, NC 28655.



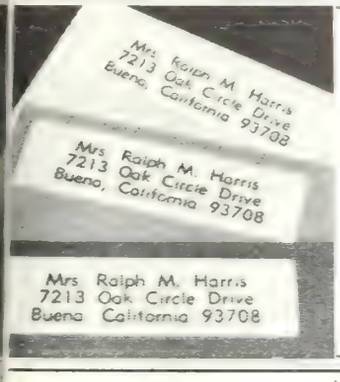
A IL AFFAIR

-er clear-plastic cabinet keeps
toothbrushes free from dust
n mix-ups. Holds 5 in separate
partments, each with its own
c, ever ready and sanitary.
18 plus 30¢ post. Write to
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on St., San Francisco, CA
05.



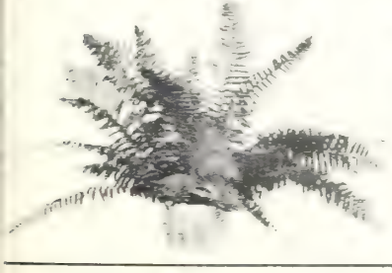
CAFE CHAIR

The familiar cafe chair of the gay '90's is updated in sparkling mirror chrome of today. The seat is covered in vinyl in yellow, lime, orange, black, white or chocolate. $47 each; four or more, $43. Ppd. Write to Our Other Store, Inc. HG10, Box 315, N. White Plains NY 10603.



PRESS ON ADDRESS LABELS
Identify possessions, correspondence too. Black ink on white, blue, pink, yellow, silver or gold labels. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450 (alike) for $5; 1,000 (alike) for $10; + postage of 35¢. Please specify color. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 210-P Bolind Bldg., Boulder, CO 80302.

Preserved Boston Fern



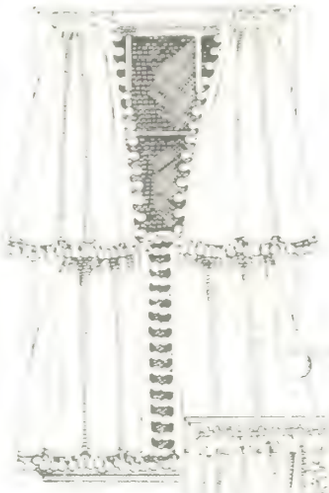
cally treated to retain permanent last-
water or high humidity necessary.
Ideal for dark areas where other
plants perish. Display on table or in

Master Charge, BankAmericard (In-

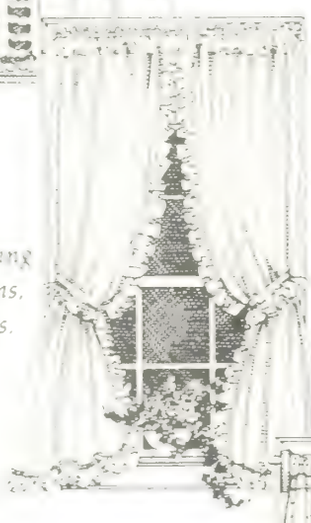
BLOOMIN' ATTIC
HG 10, 418 S. Washington St.
Royal Oak, Michigan 48067

Country Curtains

For years Country Curtains have been a charming tradition they have lent their extra warmth and crispness to American homes all over the country Thrifty homemakers rely on Country Curtains for old-fashioned quality and conscientious service



BALL FRINGE sturdy, specially-made fringe is carefully stitched on by homesewers in the village Pure unbleached or white cotton muslin or permanent press in natural or white 90" wide per pair. 20", 25" long, $6 50 pr; 30", 36", 40" long, $7 50 pr; 45", 54", 63" long, $10 pr. 72", 81", 90" long, $12 pr. Valance, 10" x 80", $3 50 ea Specify color and fabric choice



RUFFLED PERMANENT PRESS... crisp and carefree looks just like muslin but in easy care cotton and polyester. Eggshell or white. 78" wide per pair with 2" ruffles. 25", 30", 36", 40" long, $8 pr; 45", 54", 63" long, $11 50 pr; 72", 81", 90" long, $13.50 pr; Valance, $3 75 ea.

Send for free catalog showing many curtains, bed ensembles, tablecloths...



STOCKBRIDGE TAB... simple tab styling and a charming but uncomplicated design makes this little print work almost anywhere. You'll love the colors! Earthy brown, green, gold or brick red on off-white permanent press cotton and polyester. 80" wide per pair. 25", 30" long, $12 pr; 36", 40" long, $13 pr; 45", 54" long, $14 pr; 63", 72" long, $17 pr; 81", 90" long, $20 pr. Valance, $4 ea.

COUNTRY CURTAINS
AT THE RED LION INN
Dept [illegible], Stockbridge, Massachusetts 01262

Please specify color, length and fabric choice. Send check, money order or use Mastercharge or BankAmericard. Postage/handling: under $10 add $1.10, over $10 add $2. Mass. res. add 5% tax. Satisfaction guaranteed

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"I don't [illegible] magazine published and I take quite a few." M.B., Sublette, Ill.

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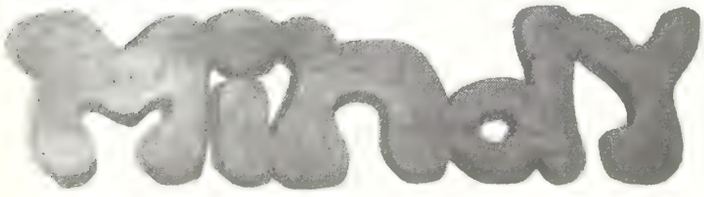
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Address

City, State, Zip 68



YOUR NAME in 3/4" antiqued pine 5-1/2" high. $2 per letter. DANIEL I. HADLEY, Box 1456, Wilmington, Delaware 19899. (Send 50 cents for catalog of over 50 other items.)



YOUR FAMILY'S HISTORICAL ROOTS are important. Now, you can record your family members birth, death, marriage, etc., from past generations to future generations in this beautiful hard back elegantly printed Family Record Book. A keep sake and an ideal gift for newlyweds or children leaving home. Only $7.95 plus 50c postage. Send check or money order to Record Book,

AdamsHouse, Dept. 878,
P.O. Box 9364, Memphis, Tenn. 38109.



SWING-AWAY vanity wall mirror lets you see what you've been missing. It adjusts and holds at convenient positions for all around viewing. Glass is of high quality, distortion free, float/plate mirror, with gold anodized or chrome-like aluminum frame. Installs in minutes and stays flat against wall when not in use. 14" x 22". Ideal for both men and women. M50-1D Gold $49.50. M50-2D CHROME $49.50. Add $2.50 for P&H. Ill. Res. add 5% Tax. Gift catalog $1.00.

HOUSE OF MINNEL
530 Lark St., Dept. 5107, Geneva, IL 60134

LINVILLE LOVE SEAT



Quality, comfort and style are skillfully combined in this handmade Love Seat. Only the finest construction and Top Grain leather [illegible]

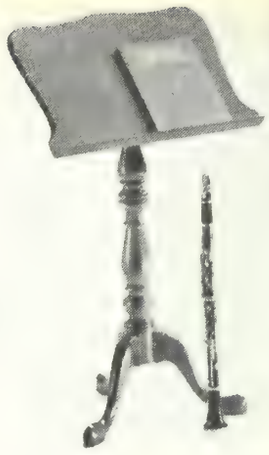
H28 L68 D34
Imperial leather $789.95
Shipping charges extra.
No C.O.D.
Send $1 for catalogue

Bryan Robeson
Dept. HG-171
Route 10, Box 793, Hickory, N.C. 28601

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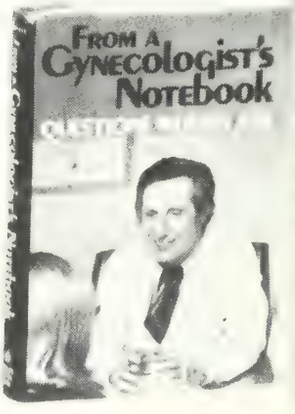
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Food catalogue of over 100 full-color pages with 500 gift ideas. More than 60 are priced under $5 and 250 items are less than $10. All impressively gift wrapped. Easy way to shop for your list. Catalogue, with $14 in discount coupons, free. The Swiss Colony, Dept. WP, Monroe, WI 53566.



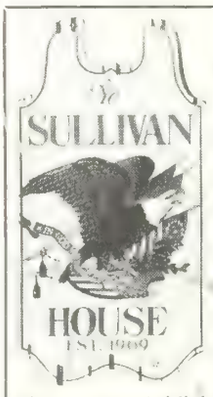
DANIEL WEBSTER STAND
Attractive, all purpose stand ma of solid cherry is perfect to hc sheet music, family dictionary bible. Top 25" by 18". Dark Fo lund cherry or Buckwheat hon finish. $159.95 ppd. Catalogue $ Carl Forslund, Pearl St., at the Ri er, Grand Rapids, MI 49503.



HOME BAKERS' BAGS
Double waxed bags with a personal touch are a joy for proud home bakers. Bags come in packs of 12; print name. 4½" by 7" by 13¾" bread bags, $2.95 a pack. 3¾" by 6" by 11" bakery bag, $2.75. Use bags for freezer storage, too. Miles Kimball, 100 Bond St., Oshkosh, WI 54906.



QUESTIONS WOMEN ASK
Menopause, tumors; rectal, vagina and sexual problems are amon the 152 subjects thoughtfully dis cussed in easy-to-read questio and answer form. "From a Gyne cologist's Notebook" by Dr. She win Kaufman. Hard cover, 16 pages. $6.95 ppd. Ferry House HG10, Briarcliff Manor, NY 1051C



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Personalized

Have your own name inscribed above a beautiful hand-screened eagle, in 8 colors, over antiqued ivory background. We add the year of your marriage or when you established your home. Solid pine. Display inside or outside. Size 9½"x18".

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Just pour wine leavings into our beautiful brass-hooped Red Wine Vinegar Barrel. "Mother" enzymes inside convert wine into an endless supply of pure natural vinegar. (No additives or preservatives.) Handsome 6" x 8" oak cask comes with half-gallon starter supply of most mellow vinegar you've ever tasted, aged for minimum of 3 months. Makes incomparably zesty sauces, salad dressings, marinades. Perfect holiday gift for friends who love good food, good cooking. And a stunning "conversation piece" on kitchen table, shelf or workspace. Acclaimed by gourmets Craig Claiborne, Mimi Sheraton, Burton Wolfe, etc. Only $39.95 (+ $3 pstg., hdlg.) Money-back guar. Write for free details, or call toll free (800) 344-3221 (outside Cal.) In Cal. call collect (209) 477-0343.

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OUT WITH FAT

gravy mate draws the fat up eaves the flavor in the lower iner for gravies, soups and . Molded of clear Lexan that shwasher safe, easily stored. cup capacity. $13.50 plus $1 Zeller Specialties, HG10, Rudolph Rd., Eau Claire, 4701.



ELY COMPLEMENT

ect the beauty of your home a distinctive oval mirror. It's in a handsome frame of hand- en white wicker, adds to the or of any room. 17" wide by high. $34.95 plus $4 post. e for catalogue 25¢. Fran's ket House, Dept. HG10, Route Succasunna, NJ 07876.



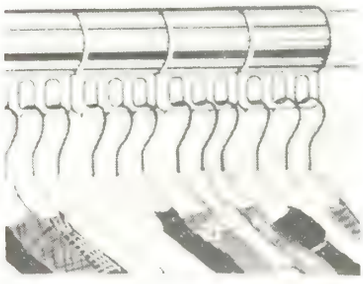
AT SAVING

uble-layer design uses up to % less energy! All-bolted Cali- nia Redwood and Fiberglass enhouses. Portable. Six models m $88.95 with Dutch door and ge screened vents. Free bro- ure. McGregor Greenhouses, Box -10DD, Santa Cruz, CA 95063. one: 408 476-5390.



CHOO-CHOO

Hardwood pull toy train engine is sturdily built for toddlers to learn how old fashioned locomotives went before Diesels and electrified railroads came into service. Natural color. $7 ppd. Write for catalogue of games and toys, 50¢. The Toy Factory, Dept. GE, 88878 Coast Hwy. 101, Florence, OR 97439.



SPACE RACE

Crushed clothes and tangled hangers are a thing of the past: brass-plated steel hanger spaces snap onto closet rod to hold hangers separately. Set of 6 spaces 36 hangers evenly. $2.98 plus 60¢ post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



HONEYCOMB FRINGED

Charming tie-back curtains, 50% cotton, 50% polyester in natural or white with 2" fringe. 90" wide per pair. 30", 36", 40", $9.25 pair; 45", 54", 63", $13.50; 72" 81", 90", $16. Valance, 10" by 80", $5. Add $2 post per order. Free catalogue. Country Curtains, HG10, Stockbridge, MA 01262.

SOFT COMFORT!

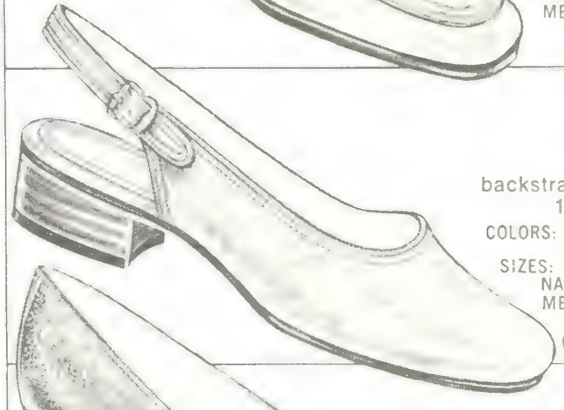
Pampering comfort, great styling, superb fit, fine quality! You get it all with these fashionable softies . . . at surprisingly reasonable prices. Order with confidence.



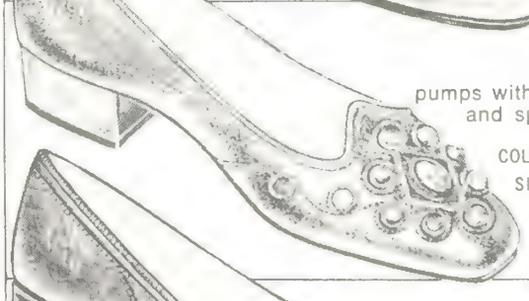
GAIL – $24.95
Handsome zipper boots of supple glove leather with soft, padded insoles. Overall height: 7½ inches. 1 inch stacked heels.
COLORS: BLACK, CAMEL, NAVY, BROWN OR WHITE
SIZES: NARROW — 6 through 12
MEDIUM — 4 through 12
WIDE — 5 through 12
(WHOLE SIZES ONLY — NO HALF SIZES)



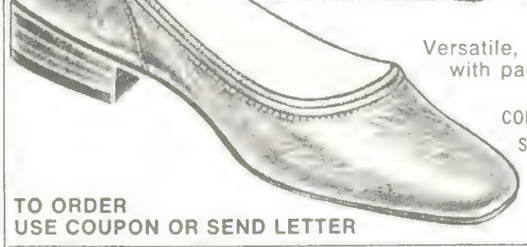
NANCY – $13.95
Sporty pumps for dashing about town or country. Soft, leather-like uppers and padded insoles. 1 inch stacked heels.
COLORS: BLACK, CAMEL, NAVY, BONE OR RED
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MEDIUM — 4 through 11
WIDE — 6 through 11
(NO HALF SIZES OVER 9)



FAYE – $13.95
Pretty, go-with-all leather-like pumps with adjustable backstraps. Padded insoles. 1 inch stacked heels.
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MEDIUM — 4 through 12
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GEM – $16.95
Casual elegance! Beautifully grained pumps with multicolored "jewels" and sparkling metallic braid. Matching 1 inch heels.
COLORS: GOLD, SILVER, BLACK OR WHITE
SIZES:
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MEDIUM — 4 through 12
WIDE — 5 through 12
(NO HALF SIZES OVER 10)



SHERRY – $13.95
Versatile, soft, leather-like pumps with padded insoles and super little ¾ inch heels.
COLORS: BLACK, CAMEL, RED, NAVY OR WHITE.
SIZES:
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(NO HALF SIZES OVER 10)

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NAME OF SHOE	SIZE	WIDTH	COLOR	PRICE

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A great gift idea to give or receive! Our full-length granny gown and matching quilted robe are cuddly soft and warm, in white brushed polyester, dotted with a tiny red floral print. From Lanz. P,S,M,L for sizes 5/6-13/14. Robe $38. Granny $23. Add $2 for postage. Order by mail, or phone 617-749-7830. Master Charge, BankAmericard or American Express. Prompt shipment. Satisfaction guaranteed. Free gift wrap on request.

Shop by mail this Christmas—send for our free catalog.

The Talbots

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Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER. Roll papers into a tight bundle, tie them with special binders and pop them into the fire. Four logs will burn up to 1½ hours.

LOG ROLLER KIT with 112 Binders.....$3.98 + 55¢ Mailing Each
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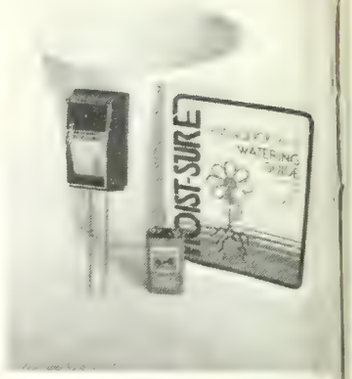
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VICTORIAN STYLE

Fully assembled all-wood doll house, realistic in detail and color. Ceiling lights on first floor, 3 floor lamps on second. Wallpaper, carpeted stairs. 1" to 1' scale. One of 14 models. From $40. Doll catalogue $1. Dolly Doll Houses, HG10, Box 65, Glenville St., Greenwich, CT 06830.



WATERING GUIDE

Moisture computer for hous plants indicates moisture status each individual plant and protec from overwatering. Kit includ computer, 9 volt power sourc guide for 200 plants, flower po $9.98 plus $2 UPS chg. Gromant Gardens of Florida, HG10, Bo 6234, Pompano Beach, FL 3306



BELL FLOWER ENSEMBLE

Brown, red, blue or green, natural background. Permanent press cotton, polyester bedspread with quilted top; Twin bed $45; double $52; queen $62; canopy: twin $27; double $32; queen $42; pillow sham $8.50. Add $2 post. Free catalogue, swatches. Country Curtains, HG-101, Stockbridge, MA 01262.



NEATNESS FROM CHAOS

Perpetual calendar holds bills, tic ets, appointments etc. in se through pockets for each day of th month. Month and day heading are interchangeable. Heavy gaug yellow vinyl 30" by 36". $5.95 plu 75¢ post. American Consume Dept. JMM-19, Caroline Rd., Phi adelphia, PA 19176.



LATCH-HOOKING KITS

DuPont non-allergenic rug yarn. Specify monogram, two colors per kit: bone, red, terra cotta, green, blue. Specify latch-hook or speed punch-hook (supplies available). Pillow 14x17", $12.95; rug 22x32", $29.95. Add $3 post. Brochure, 25¢. Francy Needlework, HG10, Box 715, Hightstown, NJ 08520.



PLATING RENEWAL

Deposit new silver on copper, bras or bronze where the original plat ing has worn away. Use Silver Plu to polish sterling but it does no deposit new silver on sterlin pieces. 4 oz. bottle. $5.98 plu 65¢ post. Anthony Enterprises HG10, 556 Mission St., San Fran cisco, CA 94105.

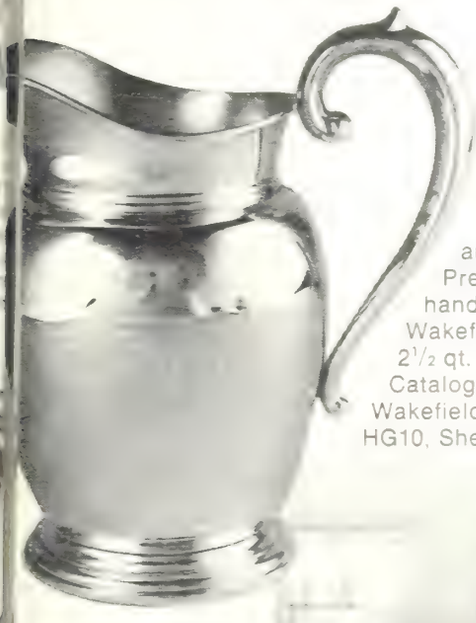
Shopping around

Kentucky



RICANA

hand-quilted pillows in popular traditional motifs, the en Plate and Pierced Star. Background colors are lue, gold, moss green or rust with matching prints (specify and pattern). Dacron-filled, 16″ sq. $11 each ppd. n $1 for catalogue of handcrafts. Appalachian Fireside a., HG10, Box 276, Boonesville, KY 41314.



ELEGANCE

A prized pitcher in heavy sterling silver is a copy of the Keeneland Racecourse gold trophy. Beading on top and bottom and Presidential markings. A handsome companion to the Wakefield-Scearce julep cup. 2½ qt. cap. $385 ppd. New Catalogue, $3. Order from Wakefield-Scearce Galleries, HG10, Shelbyville, KY 40065.



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exceptionally wide ety of exclusive and inal needlepoint de- s by Maud Hundley. estry pillows, stmas ornaments, a t of Arms or anything sual in catalogue Creative Needlepoint as. Send $1.50 to ud Hundley Studio, 10, Box 23264, horage, KY 40223.



AND NOW THERE ARE FOUR!

Kentucky's only AUTHENTIC julep cup, our famous handmade STERLING SILVER cup now has three matching companions! All four items are heavy gauge silver and have hand beading at top and bottom. All bear our traditional presidential markings, which date them for posterity. Start a set TODAY . . . and pass them on to future generations with great pride! Use them for water, milk, cokes . . . or whatever you wish! They make excellent business or presentation awards.

Reg. Julep $69.50

Add $1 postage. Kentucky residents add 5% tax.

WAKEFIELD-SCEARCE GALLERIES

Dept. H.G., Shelbyville, Kentucky 40065



Ring Shown Actual Size
Sterling Silver
Adjustable
$8.00 ea. Ppd.

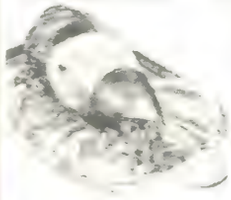
Remember the Delicate Silver Dogwood Ring that Aunt Sally used to wear?

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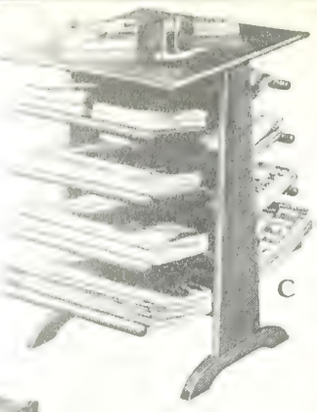
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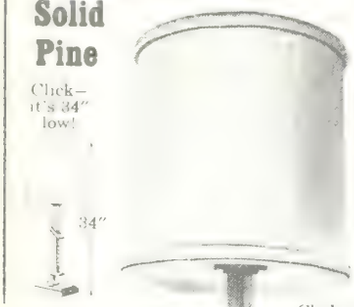
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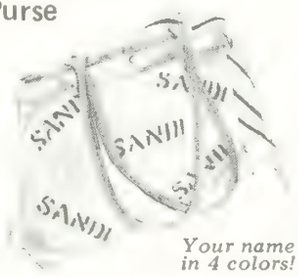
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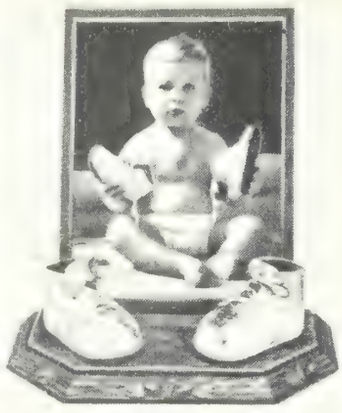
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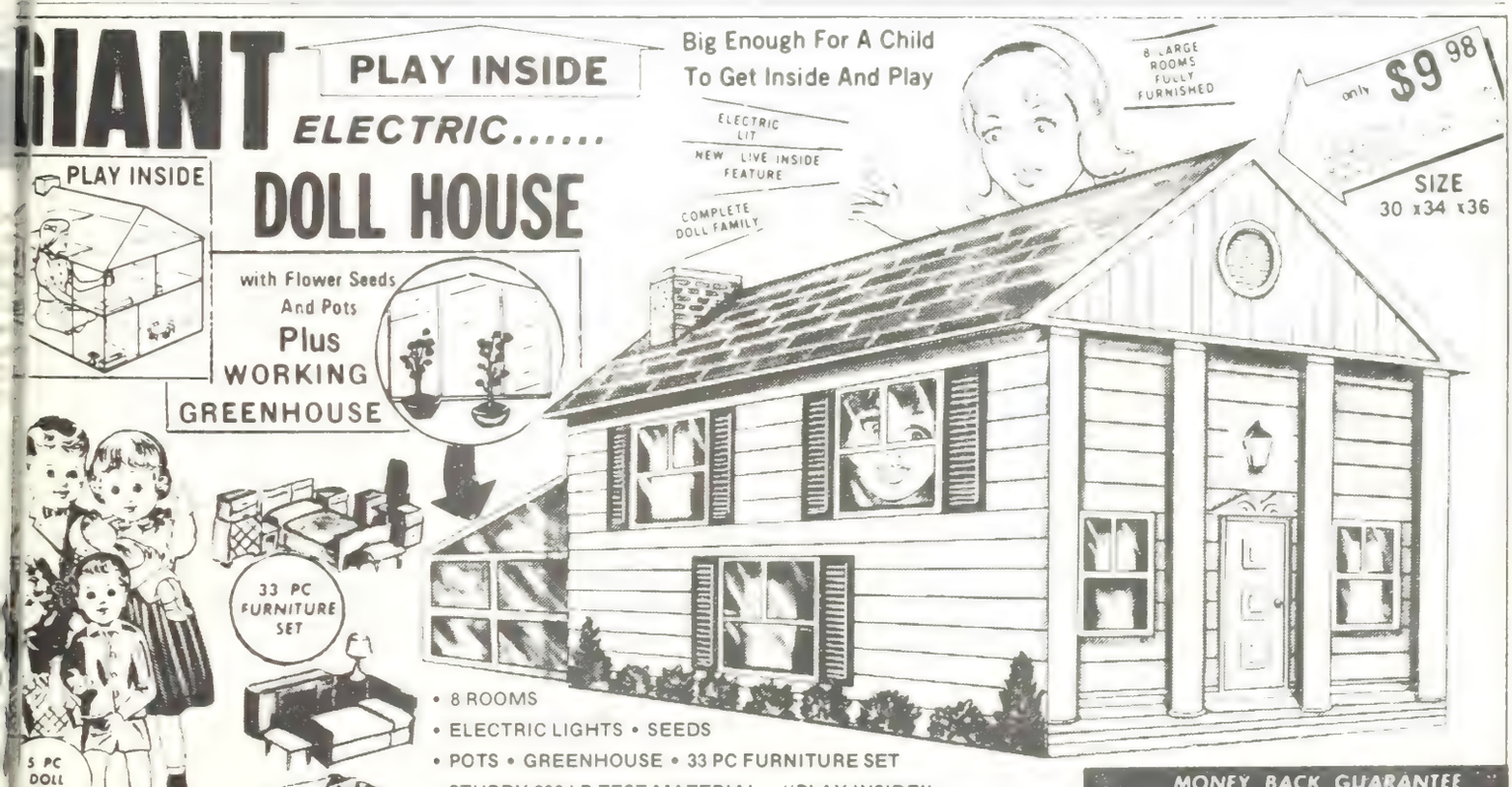
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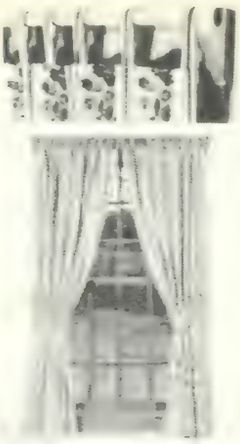


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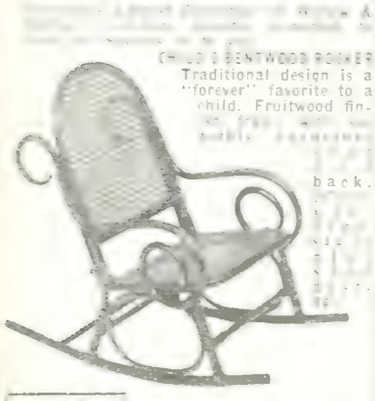
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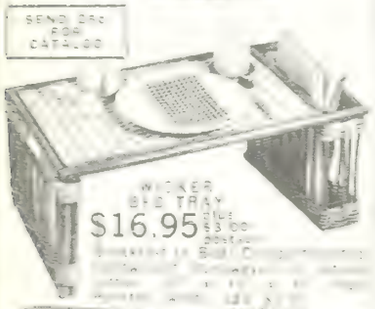
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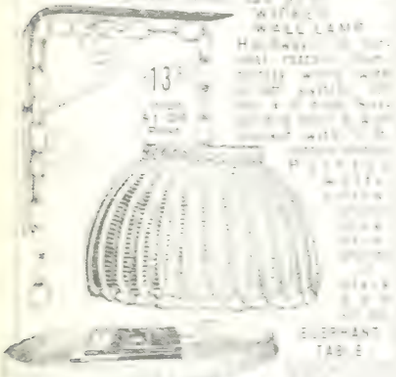


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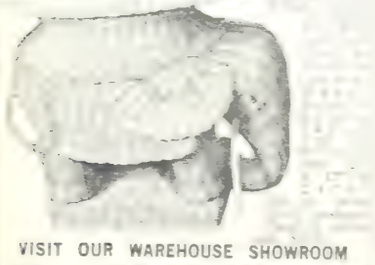
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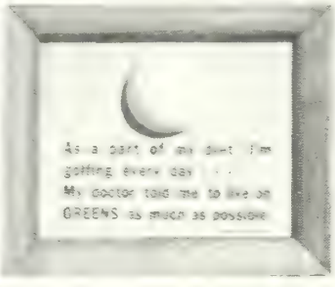
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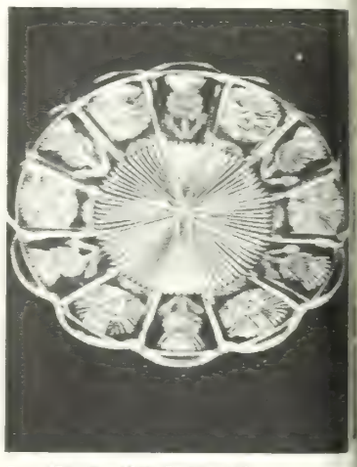
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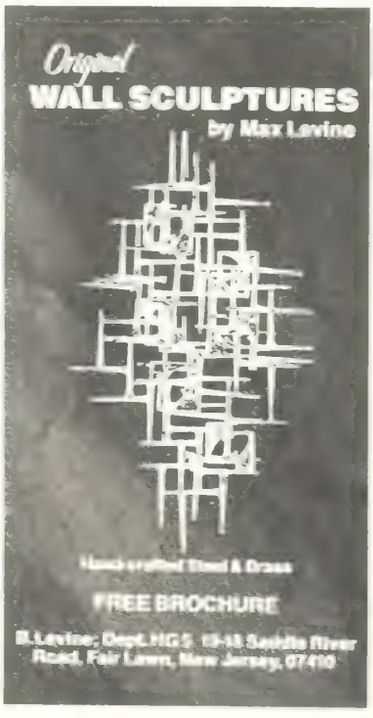
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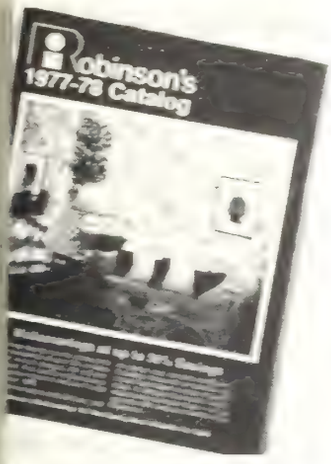
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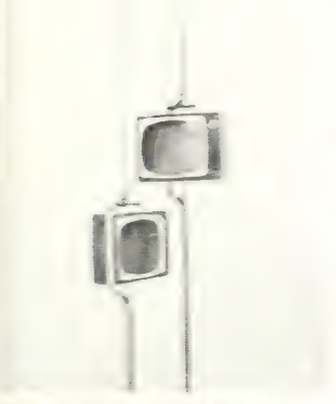
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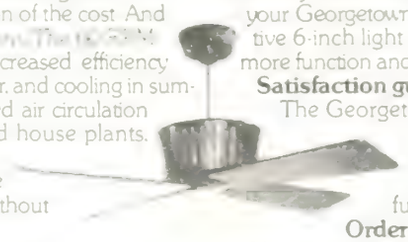
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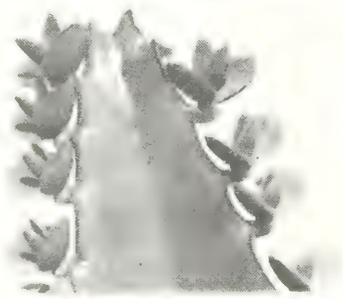


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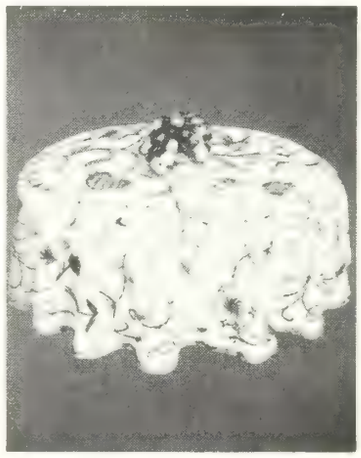
BRAND OF CHOICE

Branding iron for meats has an oak handle, stainless steel shaft. Heat the iron and "brand" for rare, medium or well done. An added attraction for home barbecues. $7.99 each plus $1 post. Susan Roberts Gallery, Dept. HG-815, 9367 W. Sample Rd., Coral Springs, FL 33065.



FASHION NEWS

Talbots color catalogue is ju timed for fall and winter's bu schedule of spectator sports a entertaining. And here's gre news. The 56 pages include tim less fashions for guys as well gals. Free holiday '77 catalogu The Talbots, Dept. RV, Hingha MA 02043.



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Hand-worked crewel from India imparts color and elegance to a natural cotton hand-loomed round tablecloth. A beauty for a spring tea table or dinner table. 70" dia., $50.; 90", $60. Send 50¢ for catalogue and swatch. Gurian's G117, 276 Fifth Ave., New York, NY 10001.



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[illegible]

Any grandfather or dad would love a tie with the names of his children hand painted on polyester. Up to 15! White on navy, bottle green, brown or wine. 2 weeks delivery. Print. $10 (3 names); additional names 50¢ each. Ppd. Butch Hoffer's, HG10, P.O. Box 7219, Beaumont, TX 77706.



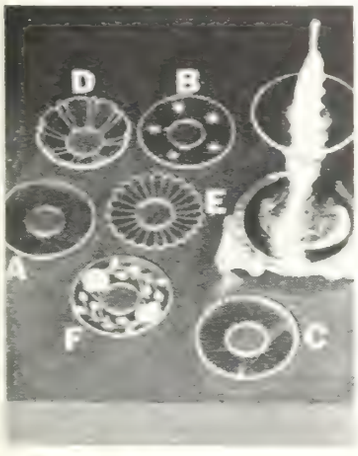
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Oh, those miserable moments when eyeglass frames part company! To cope, a clever kit that helps get it all together: professional optical screwdriver and an assortment of tiny frame screws. $2.29 plus 30¢ post. Anthony Enterprises, HG10, 556 Mission St., San Francisco, CA 94105.



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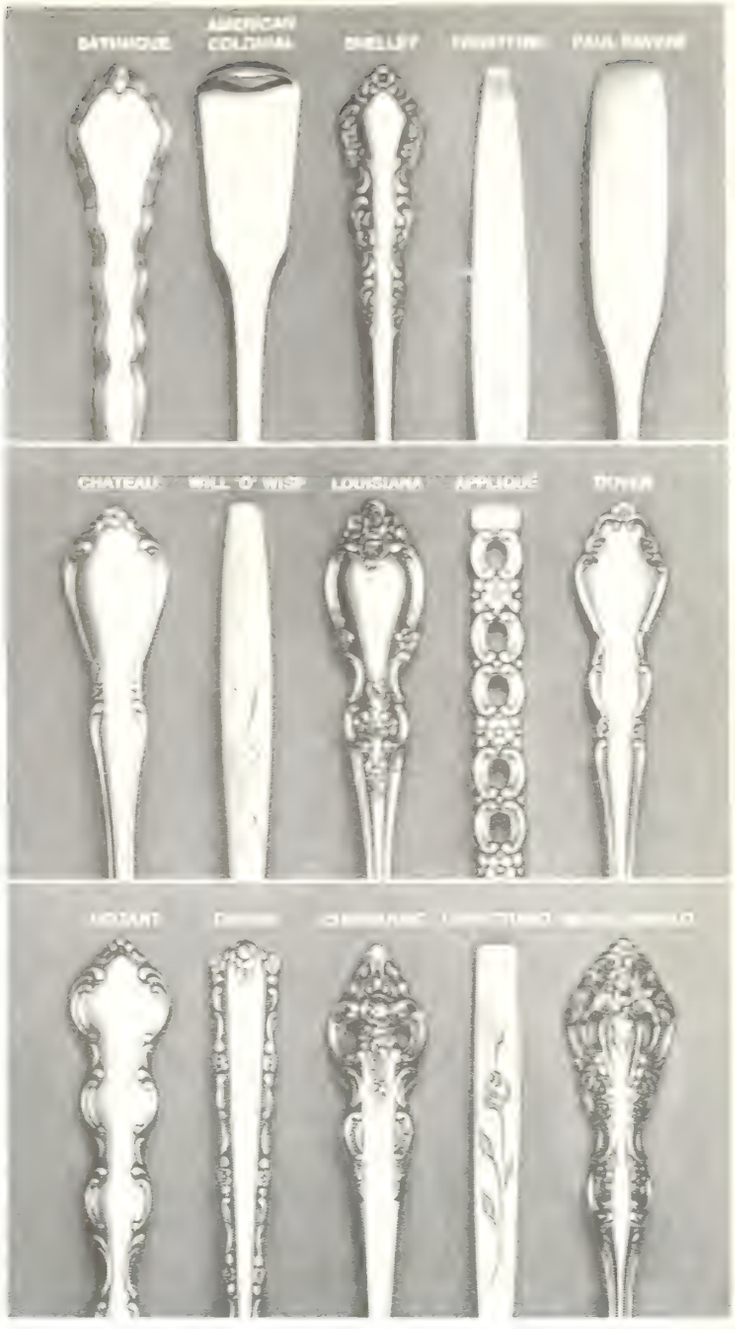
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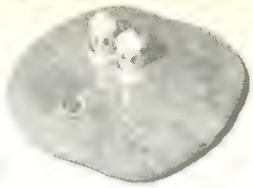
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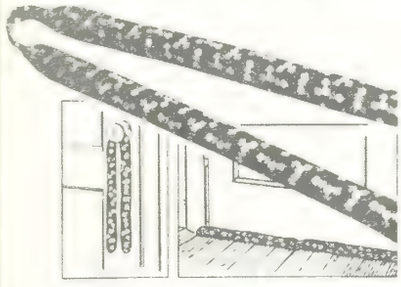
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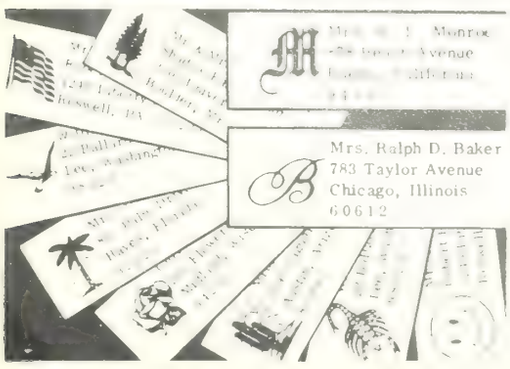


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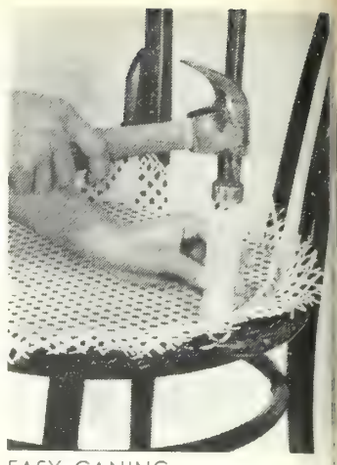
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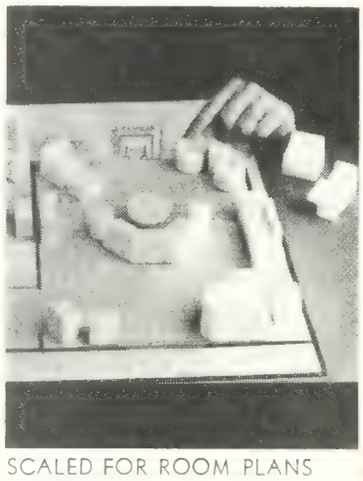
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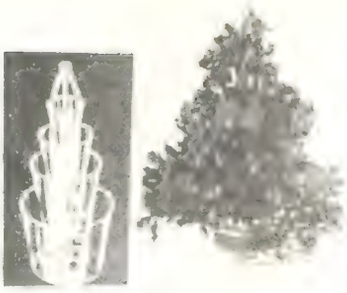
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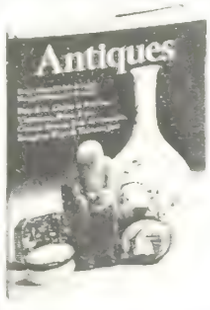
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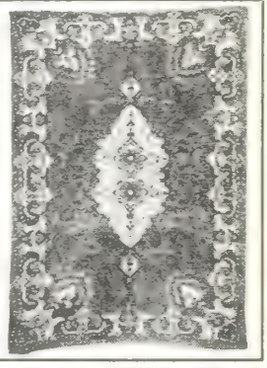
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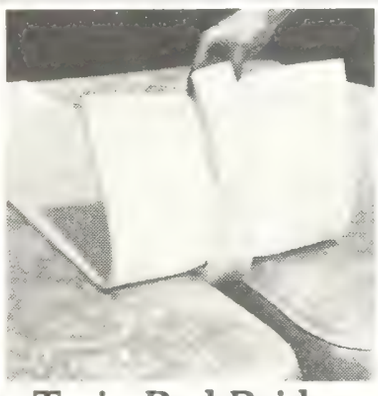
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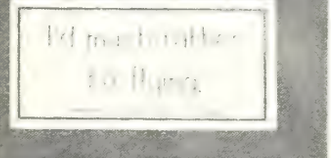
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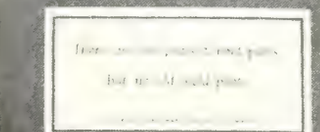
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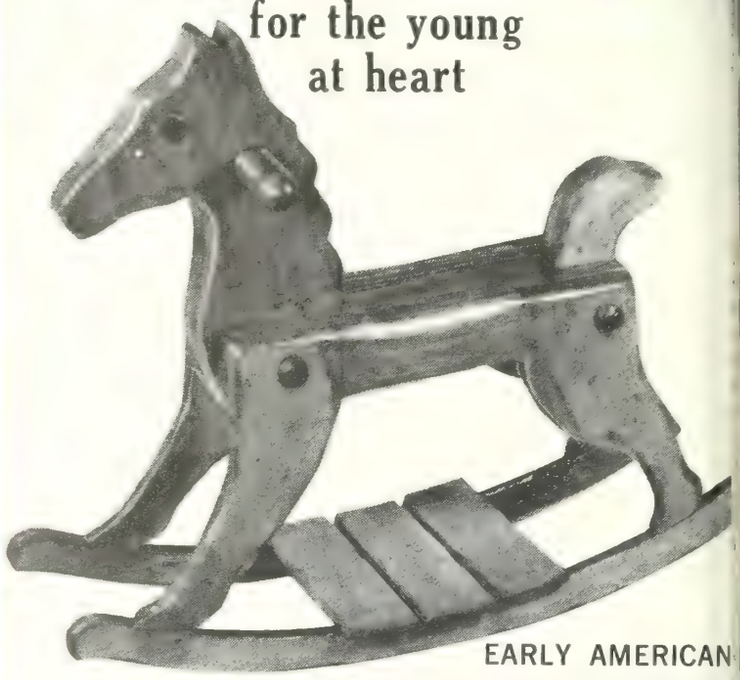
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Shopping around

for the young at heart



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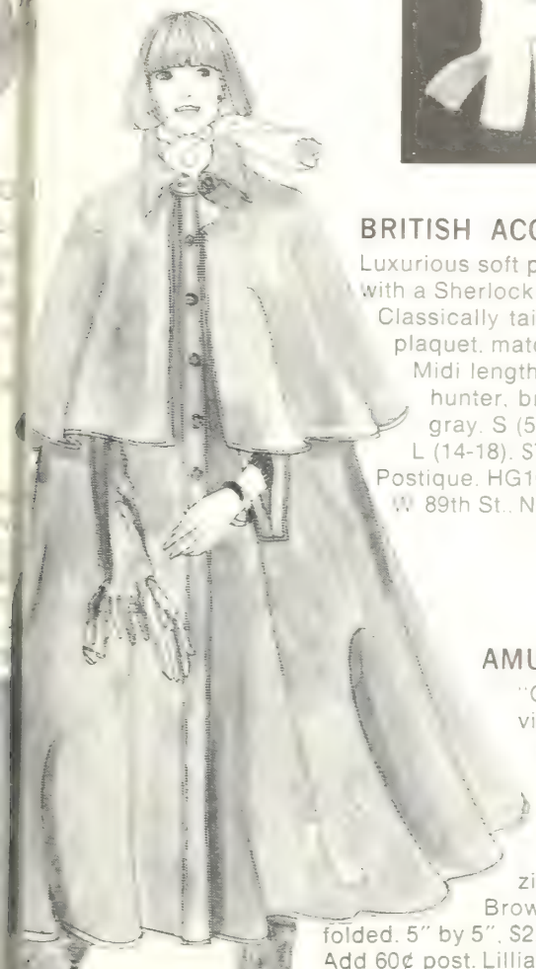
ES TO NEEDLEPOINT

ils, toys, zippered pouches. Each kit: silk screened canvas mesh), wool, velveteen backing, zipper. 9" by 12" finished. 5 each ppd. Color catalogue, $1. Market Street. 2845-H2, Van Nuys, CA 91401.

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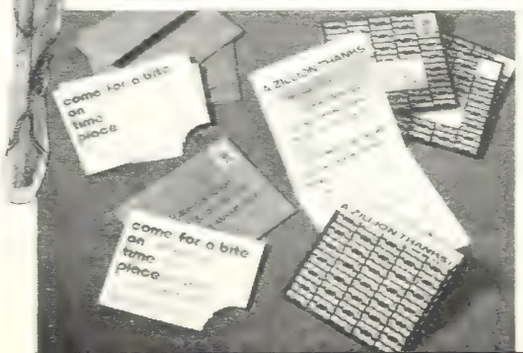


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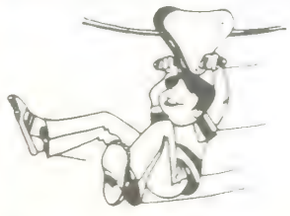
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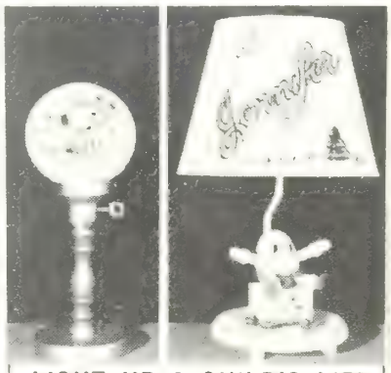
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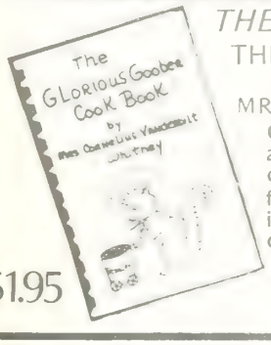
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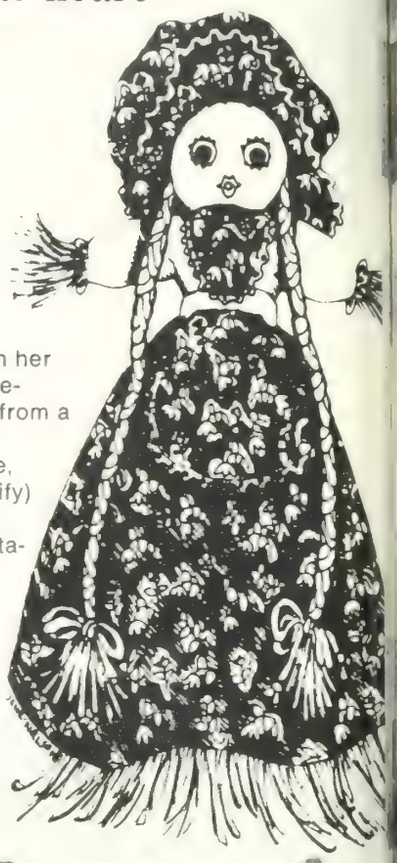
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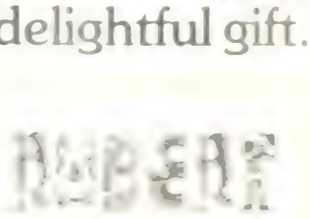
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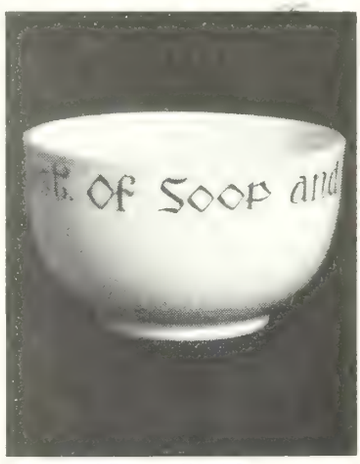
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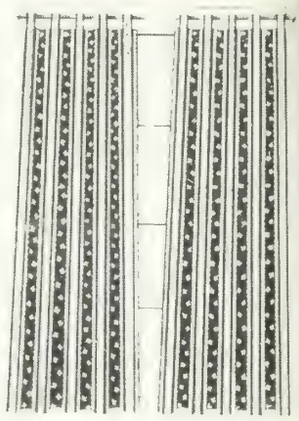
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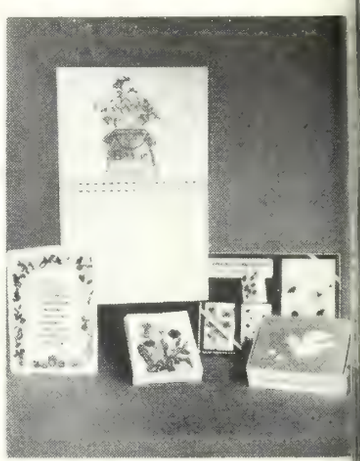
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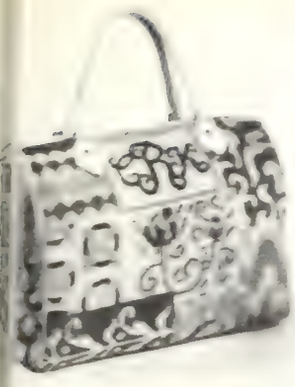
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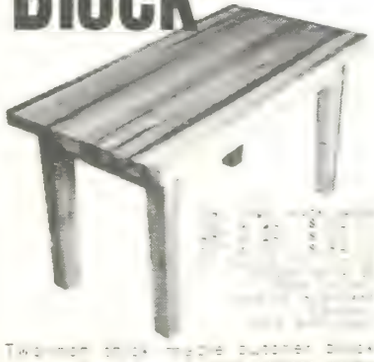
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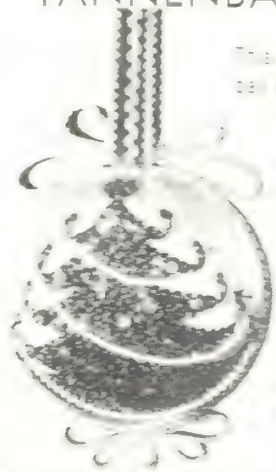


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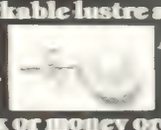
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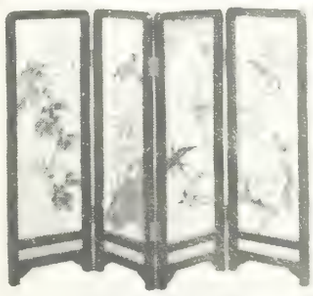
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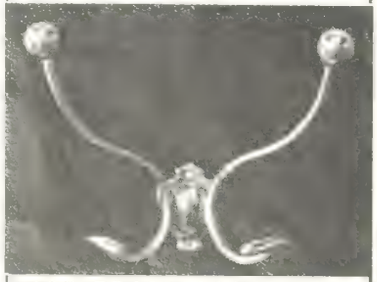


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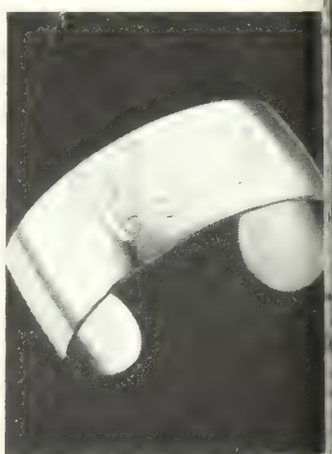
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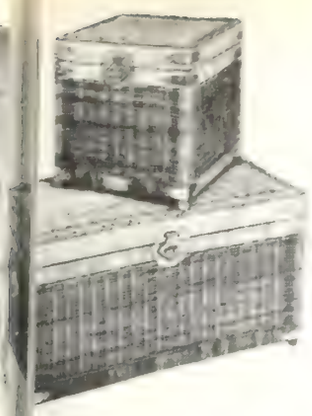
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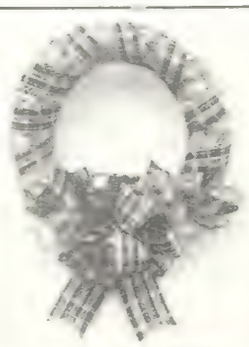


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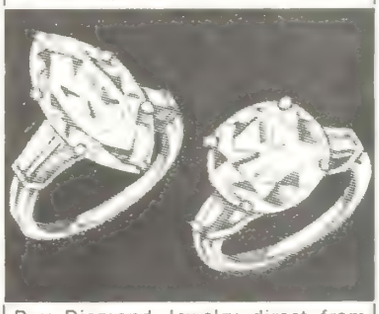
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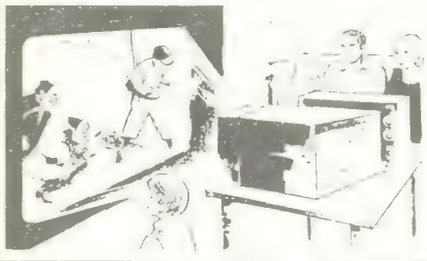
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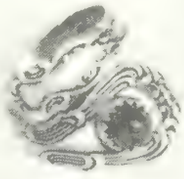
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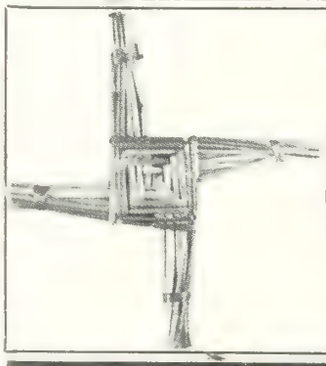
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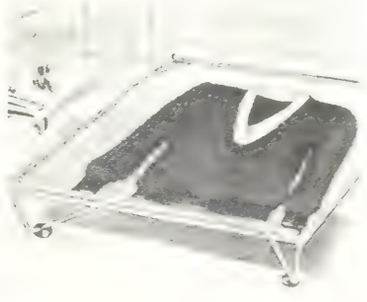
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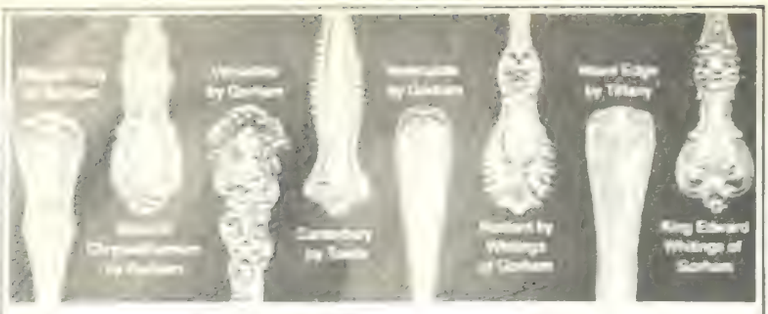
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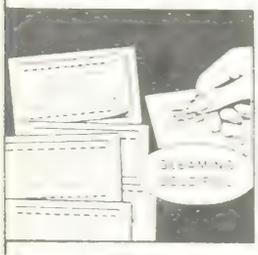
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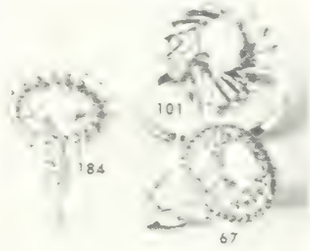
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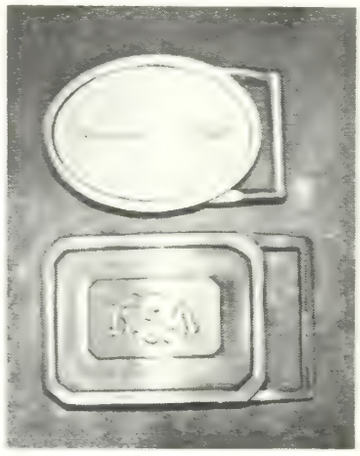
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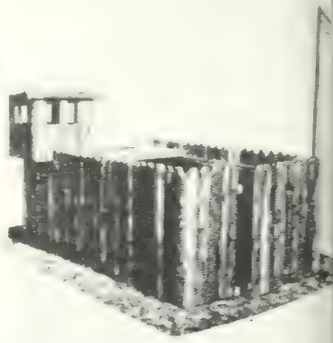
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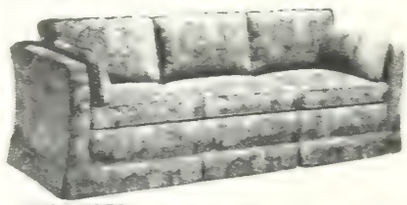
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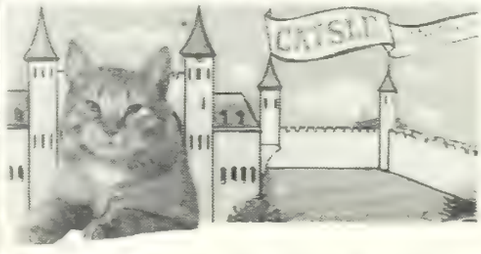


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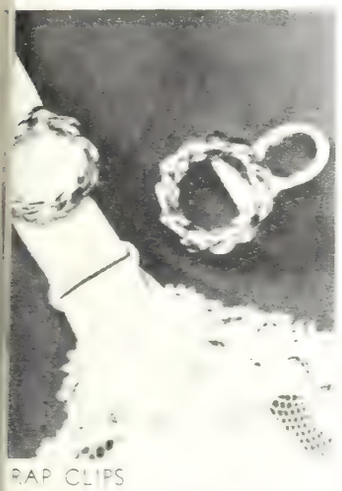
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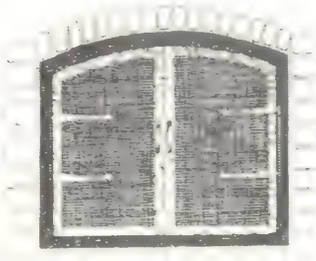
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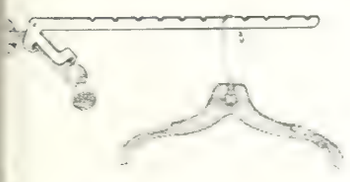
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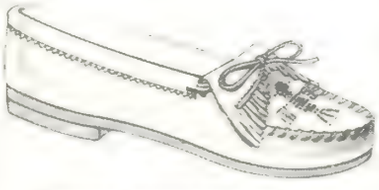


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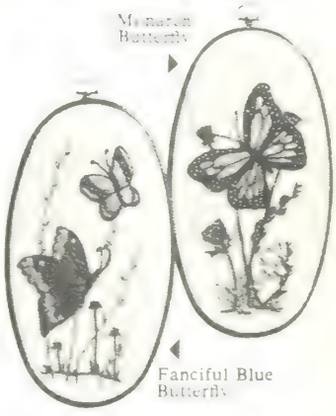
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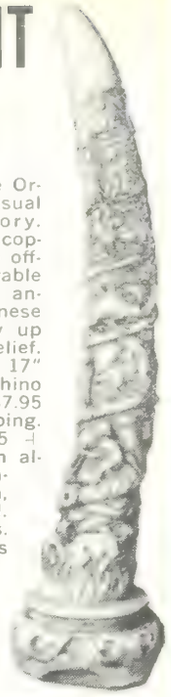
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ART CREATIONS
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Phila., PA 19122



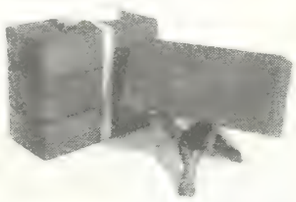


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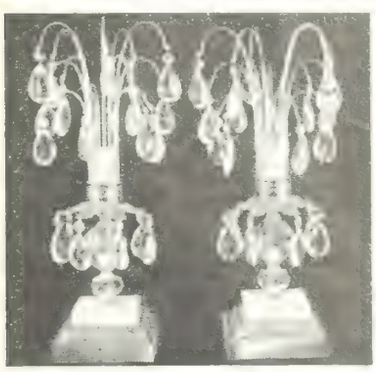
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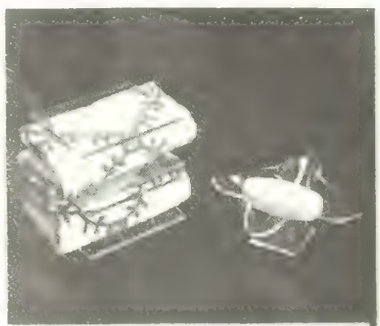


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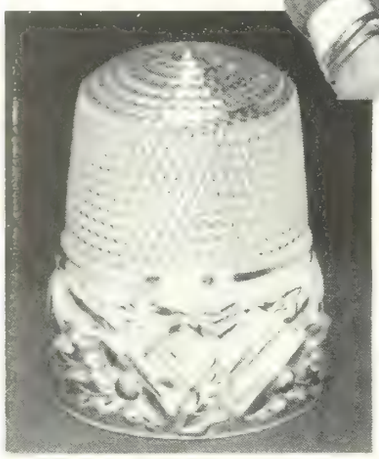
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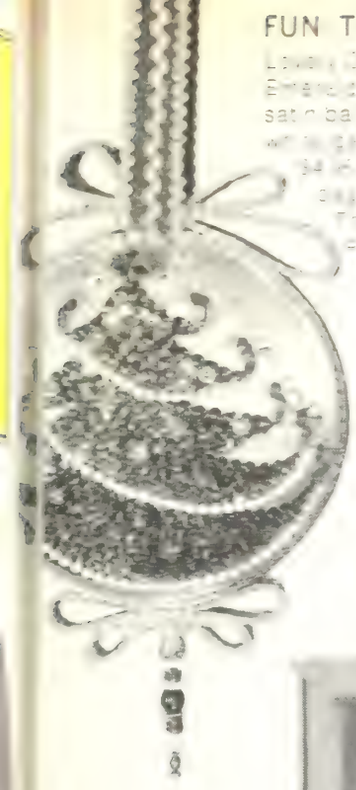
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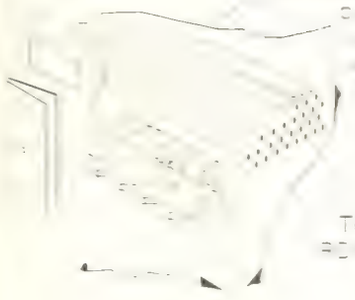


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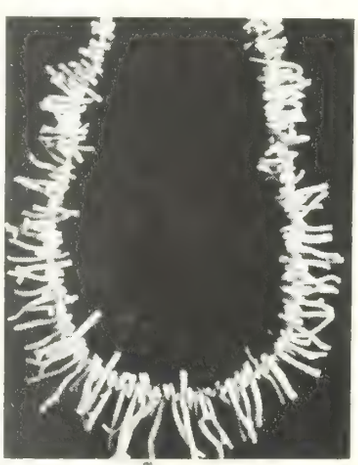
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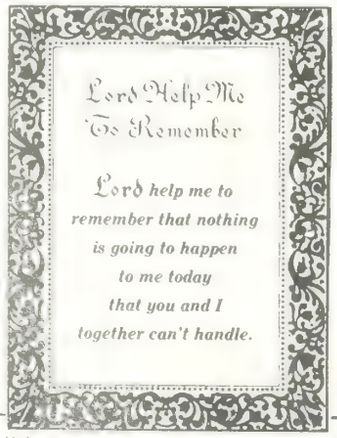


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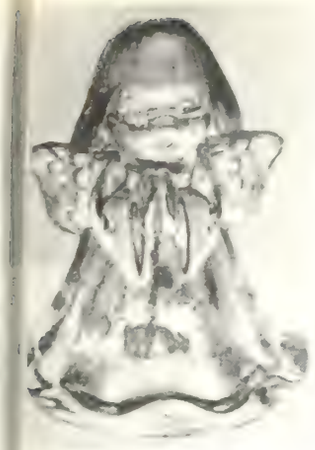
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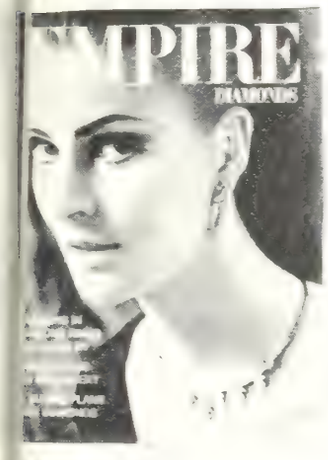
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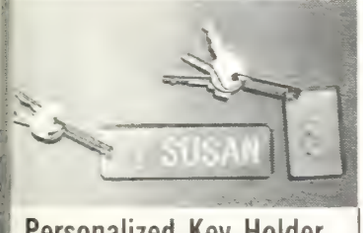
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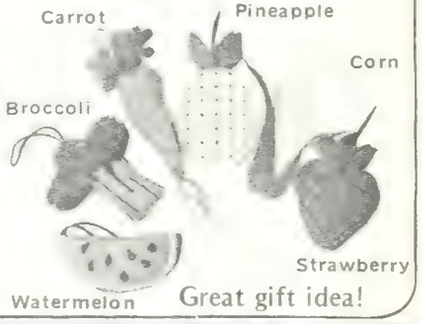
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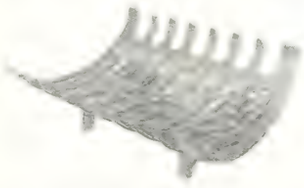
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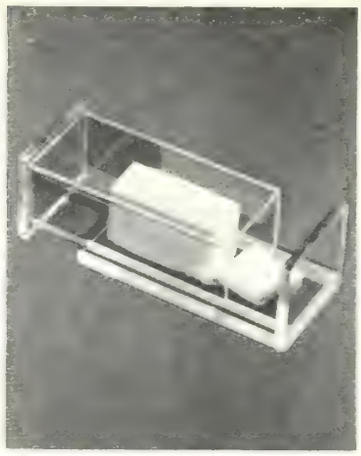
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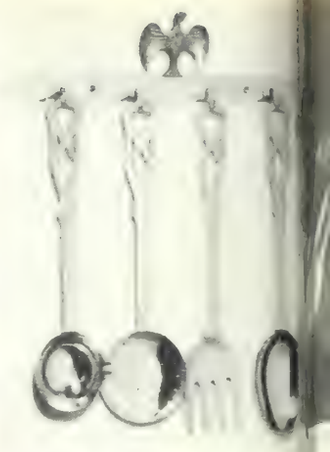
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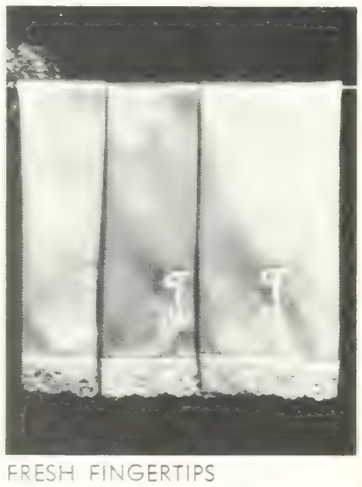
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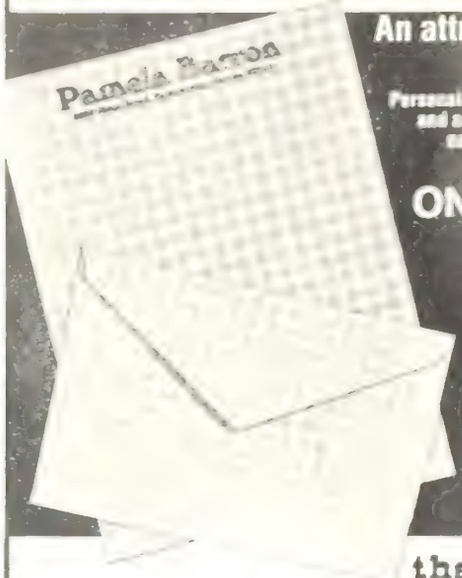
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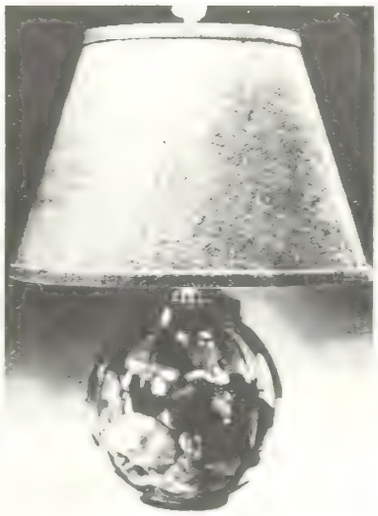
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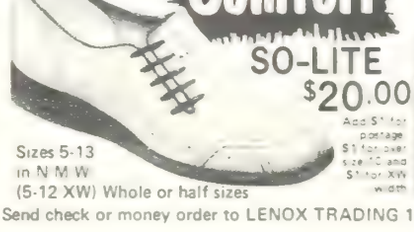
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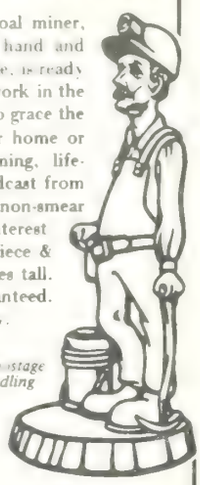
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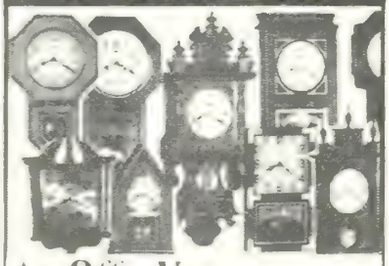
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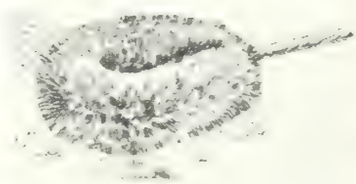
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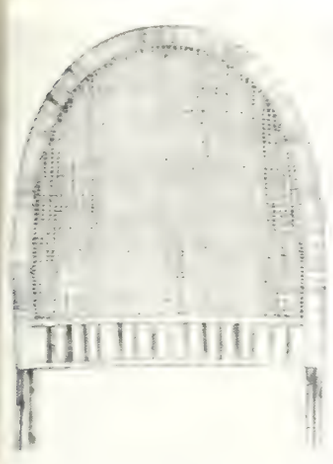
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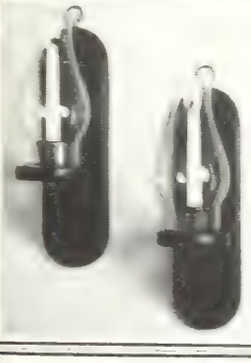
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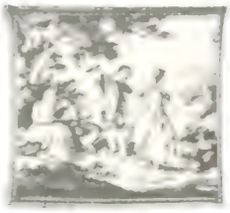
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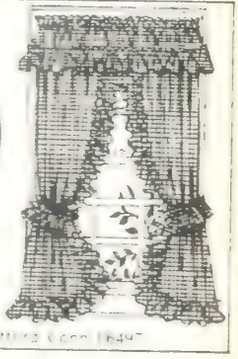
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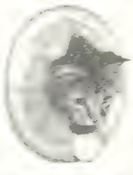
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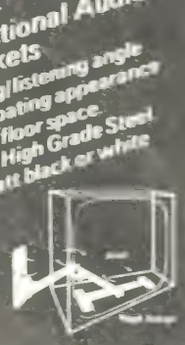
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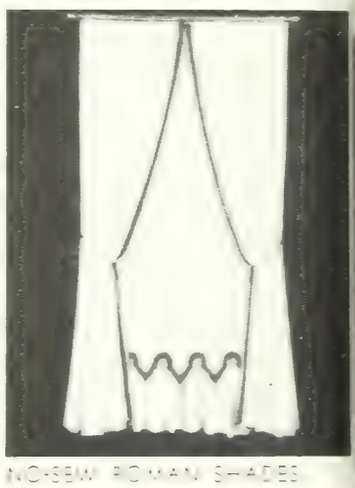
BONANZA BAGS

Grab bags from coin vaults are from 35 to 100 years old! Collections may include Indian or Lincoln pennies, 2¢, 3¢, silver dollars or gold. 1 lb., $16.50; 2 lbs., $30; 5 lbs., $72; 10 lbs. plus 2 gold pcs $115. Add $1.50 post. Centre Coin Co., HG10, Box 1, Sherman Oaks CA 91413.



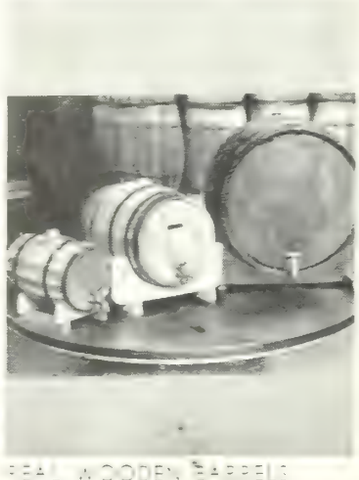
CLOSET EXPANDER

Make closets do double duty with closet space expanders. Hang an expand-a-bar from existing rod (no installation, no tools). It expands from 16" to 28", adjusts to desired length. $4.95: two, $9.50. Add 75¢ post. each. Write to Bruce Bolind, HG10, Bolind Bldg., Boulder, CO 80302.



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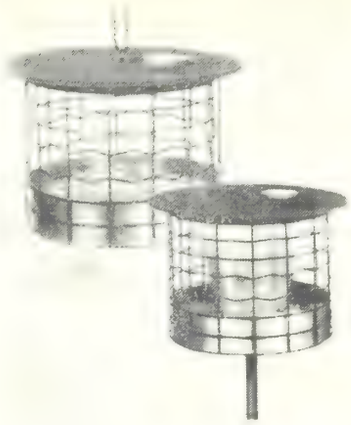
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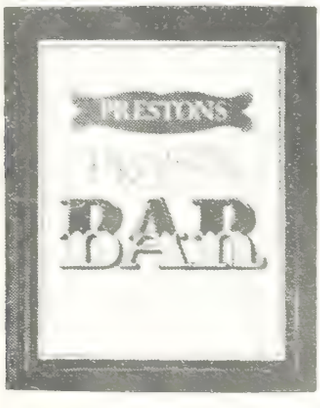


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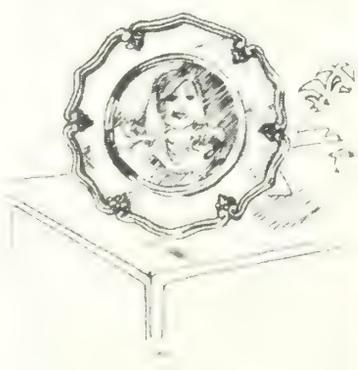
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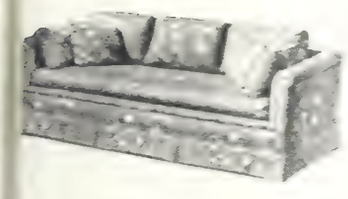


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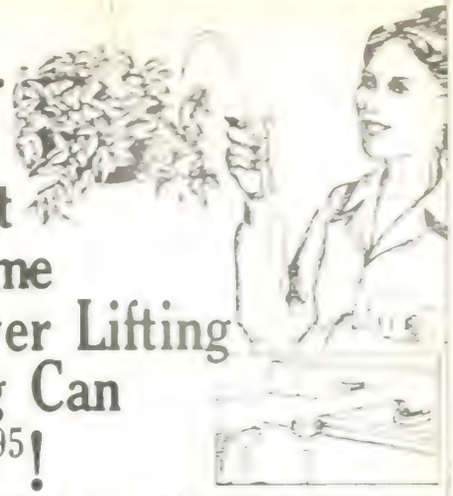
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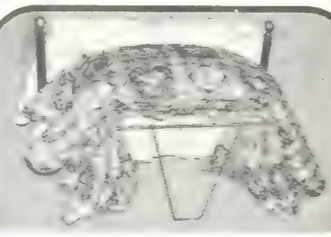
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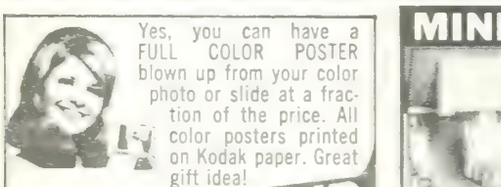


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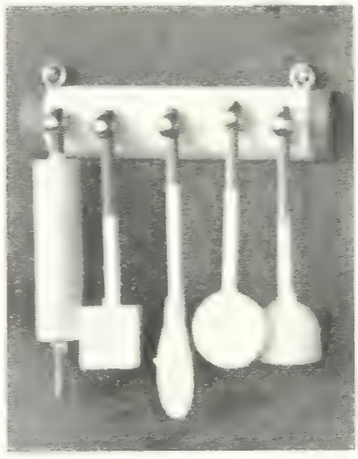
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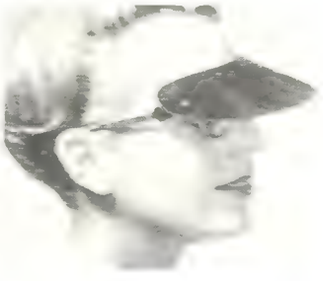
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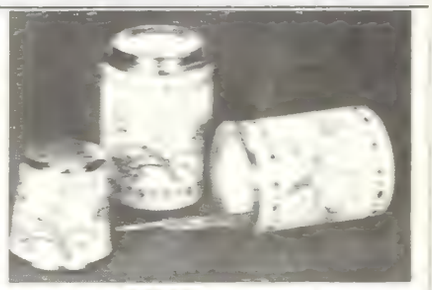


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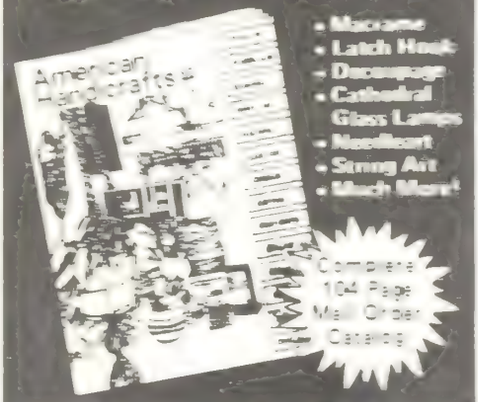
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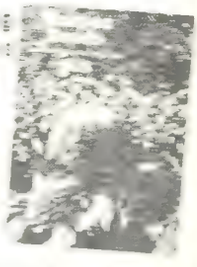
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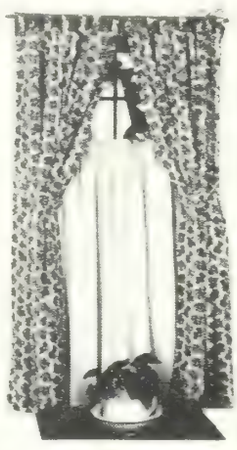
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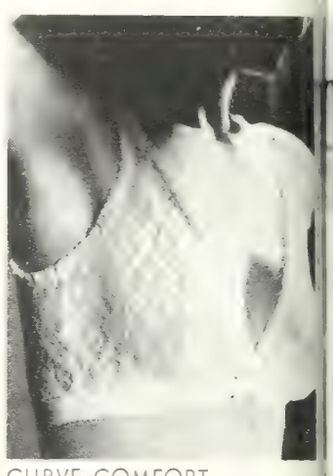
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to Anthony Enterprises, HG10,
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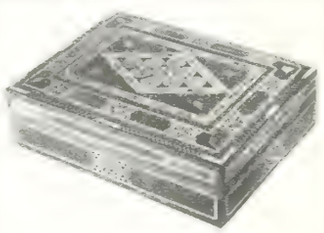
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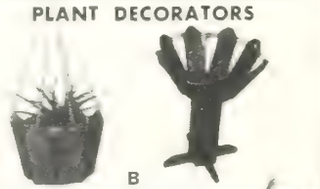
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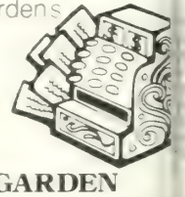
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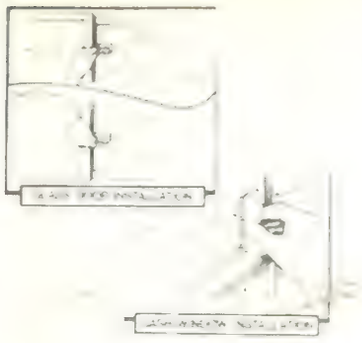


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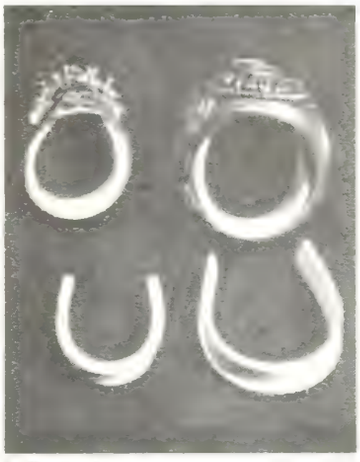
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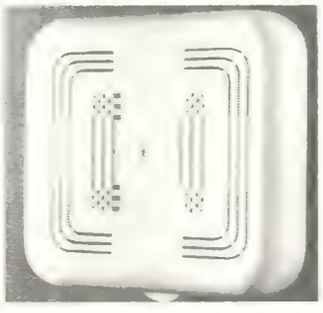
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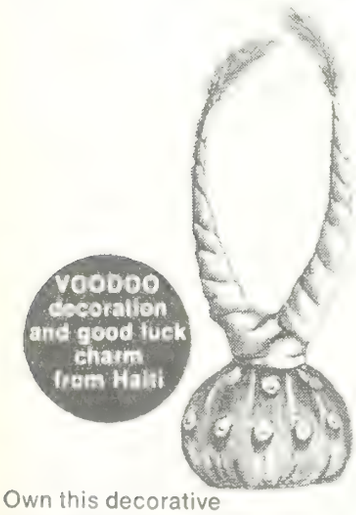
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voodoo good luck charm

Used in Haiti—land of voodoo—to

- **Bring money, love, health**
- **Protect and watch over home, family**

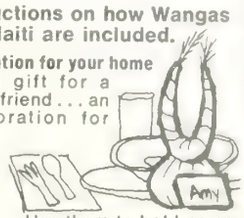
As evening darkens the hills of Haiti, drums begin to throb in the night air. Houngan priests conduct ceremonies for people requesting favors from Damballah and other Gods. Often the Houngan will use a magic "Wanga" to communicate with the gods.

We have obtained a small number of these Wangas from Haiti. When you see their beauty you'll agree the craftswomen who made them had magic in their fingers. Each is lovingly sewn in vibrant colors and crowned with a symbolic feather.

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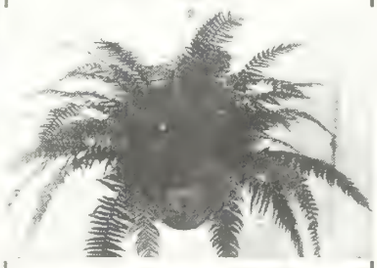


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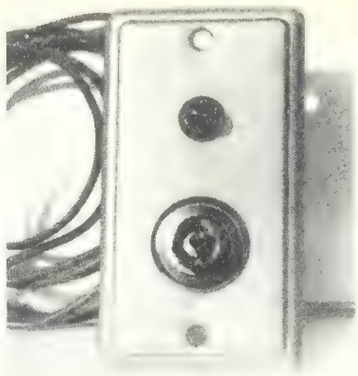
Send this note, 1 thank-you note, 1 recipe card, and gift enclosure card with color catalog including Christmas cards and gift wrappings to me. I enclose 25¢. (Please Print)

Name_____

Street_____

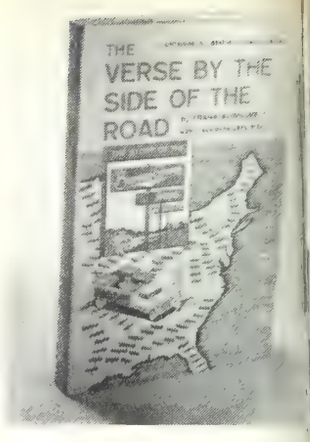
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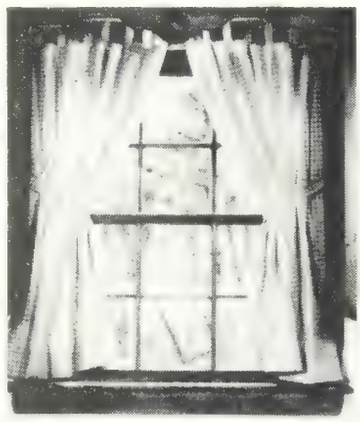
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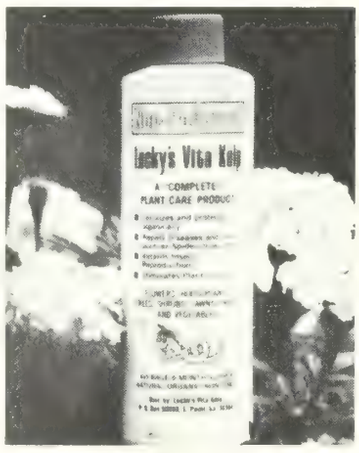
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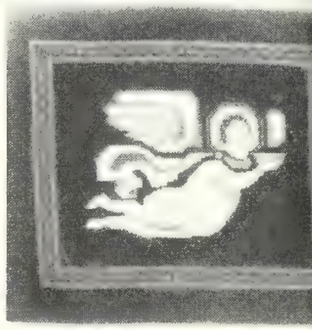
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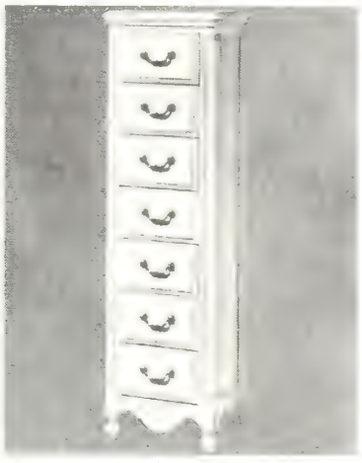
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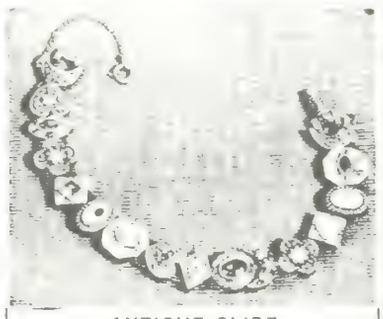


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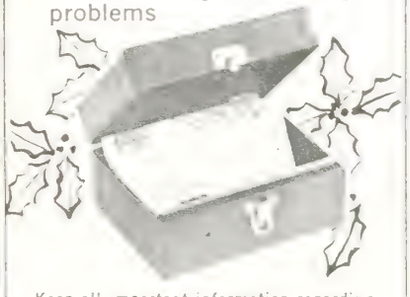
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solves holiday addressing problems

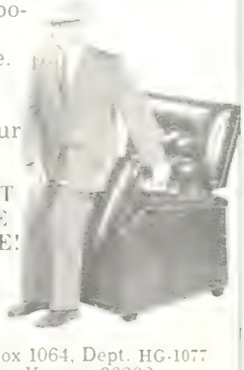


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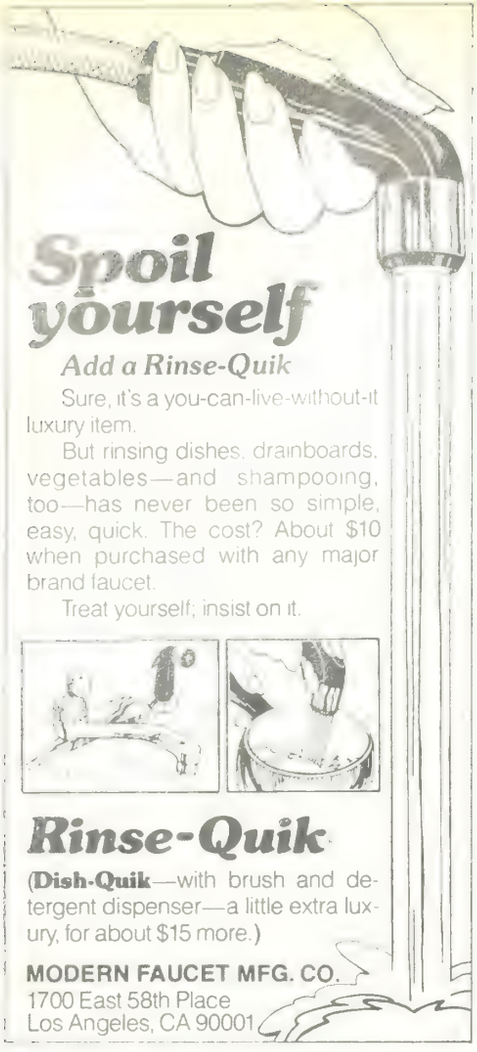


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FALL IN THE AIR



How to save water. Growing crops in the city. Spring bulb planting now. Plus decorating with grasses

BY JAMES FANNING

Spring ahead

There is still time to order bulbs for spring flowering. Early buyers got the best selection, to be sure, but there is plenty of high quality material available. Some of the finest spring bloomers are relatively unpopular because they are small in size. Being mostly natural species, they are not as spectacular as the splashy hybrids, but more than make up for it in hardiness, adaptability, and natural charm. The species tulips and daffodils, snowdrops and crocuses, all lend themselves to planting in rock crevices that become so dry in the summer little else will grow there. Most bulb dealers stock the natural species in limited quantities. Among mail-order firms, Wayside Gardens has an excellent selection of species bulbs. Those of us who cut our gardening teeth on the Wayside Gardens catalogue will be happy to know that the one for Fall, 1977 is as lavishly illustrated as ever. $1, from the The Wayside Gardens Co., Hodges, S.C. 29695.

Above: Tiny daffodil February Gold blooms early, grows in pockets of soil among rocks

City harvest record

1977 will go down as the year of the city vegetable garden. The crops are now being harvested from countless lots that would otherwise have produced nothing but ragweed and dust. A lot of people said it couldn't be done, citing bad soil as an insuperable handicap. But horticulturists of the U.S. Department of Agriculture and state universities, which undertook the guidance of city gardeners, knew better, and proved that *they* were right. Making infertile, rubbish-laden soil bear crops is not easy, to be sure, but it can be done. How to do it is explained in a booklet issued by the National Park Service. *Planting in Urban Soils* costs 65 cents, from the Consumer Information Center, Dept. 79E, Pueblo, Colo. 81009. It gives detailed instructions on soil analysis, plus all the information you may need to turn the worst urban dirt into productive soil.

Decorate with grasses

Grass is for more than just lawns. Clumps of various kinds of grass, allowed to grow naturally, can be a handsome addition to a perennial border. The dry seed heads make fine winter bouquets, and many grass species are long-lived, easy-to-care-for pot plants. H. Peter Loewer has spent a lot of time and energy studying—and drawing—decorative grasses. The result is a particularly handsome and informative book, *Growing and Decorating with Grasses* (Walker, $12.95). Mr. Loewer covers the field of grasses for wet, dry, sunny, and shady locations, plus those that are good for indoor growing. For good measure, he includes a few grasslike plants, such as cattails and sweet flag. The line drawings are a delight, as they are in all of Loewer's books.



Dangling seed heads of quaking grass move with every breeze

H. PETER LOEWER, FROM "GROWING AND DECORATING WITH GRASSES"

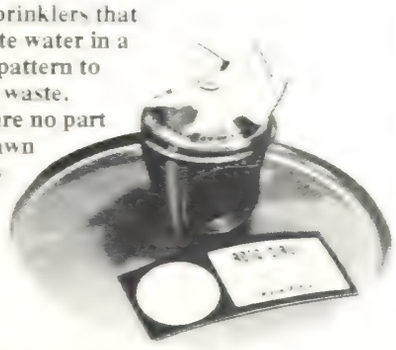
Perennial bounty

One problem in planning a perennial border is an embarrassment of riches. There are so many worthwhile plants available for the purpose that it is difficult to choose among them. A good way of selecting perennials is by season of flowering—a carefully planned border can have blooming plants for as

many as ten months of the year. How to choose the right plants for various locations as well as flowering periods is the theme of Joseph Hudak's *Gardening with Perennials Month by Month* (Quadrangle/The New York Times Book Co., $12.50). Mr. Hudak, a distinguished landscape architect, has compiled an encyclopedic list of perennials, arranged according to month of flowering, with concise descriptions of each, and whatever cultural instructions may be appropriate. There is also a section on ferns, plus lists of plants for special effects such as evergreen foliage and tolerance of particularly dry or wet locations.

Water savers

Newly seeded lawns need water right to freeze-up time. Since water will probably be in short supply practically everywhere after the long, dry summer, you will want to distribute the precious liquid as carefully as possible. Sprinklers that cover precise areas, rather than splashing water all over the landscape, are a help. The Rain Bird people are offering three sprinklers with shaped patterns of spray—round, square, and rectangular. Exact size of the area covered depends on your water pressure, of course, but the Roto sprinklers are inexpensive enough so that you can buy as many as needed for any given area. In hardware and garden shops everywhere, Roto-Circle, Roto-Square, and Roto-Rectangle are $3 each. Rain Bird also makes a variety of other sprinklers, including the pop-up type for permanent installations. Ask your dealer about them.



Lawn sprinklers that distribute water in a precise pattern to prevent waste, make sure no part of the lawn goes dry

Rating nitrates

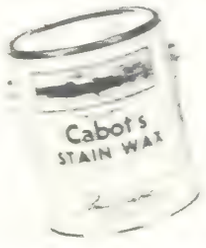
The hard-headed scientists at the Connecticut Agriculture Experiment Station began to suspect, months ago, that the energy crunch might be having its effect on the nitrogen content of commercial fertilizers. So a special sampling of 46 fertilizer mixes was made in the spring of 1977. This showed that the hunch had been right: 37 percent of the samples tested had less nitrogen than claimed on the label. However, the deficiencies were mostly very slight, so no one who bought fertilizer during the past spring and summer need feel cheated. Remarkably, the Connecticut scientists reported that tests in previous years had shown most fertilizer mixes to have *more* nitrogen than their labels called for, so it seems we've been getting an unsuspected bargain all along. ■



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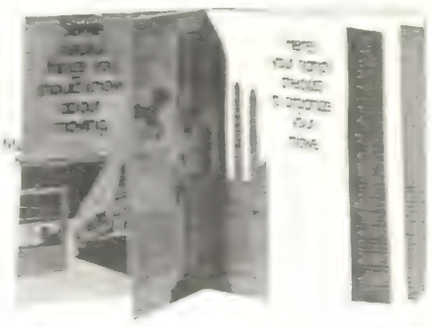
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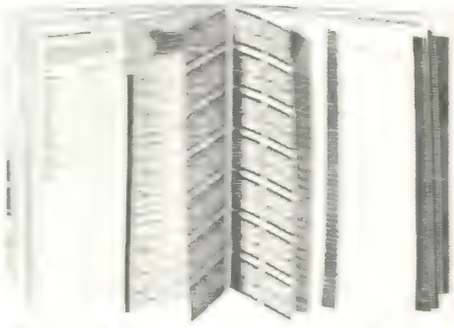
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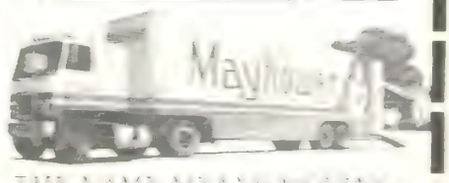
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Do designing women have more fun?

These designing women think so. They're among LaSalle's more successful graduates. Today they're putting their talents to practical use — for pleasure or profit — and loving it. All because they learned interior decorating in their spare time at home.

by Dorothea Barth

There are few other fields today that offer more pleasure or personal rewards to a woman than that of interior decorating. So it's no wonder that women ask . . .

"How can I become a designing woman?"

Susan Wilson, a 21-year-old former clerk at J.C. Penney's in Florence, Alabama, did it by studying interior decorating in her spare time at home with LaSalle Extension University, a correspondence institution. Today Susan earns twice her former salary because she traded her cash register for a decorator's tape measure.

"The course gave me a confidence I never had," Miss Wilson said. "Now I've met some of the top builders and construction company executives and have learned how to relate to them," she said.

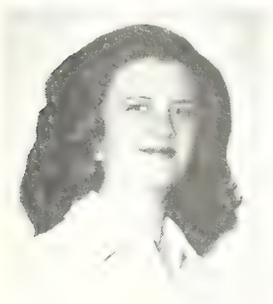
The young Alabama decorator said one of the first contracts she landed upon graduating from the school was to re-decorate the mayor's house.

"Now I almost have more decorating jobs than I can handle after being with the company only a year."

An exceptional case, of course, but it does show how well some creative women can do when they develop their talents.

While most students enroll in LaSalle's interior decorating course to beautify their own homes, some of the talented ones have enjoyed a variety of other rewards as a result of their training.

Sunny Nass Hay went from bookkeeper to interior decorator. The LaSalle course taken by the Dearborn Heights, Michigan woman led to her starting her own interior decorating business.



From clerk to decorator

Susan Wilson
Florence, Alabama
(2/25/77)

"I'm now able to work at a job I find interesting, creatively satisfying, and I can make my own hours. It also gives me time to be with my three children." (6/20/76)

We could go on and on with examples of how decorating has brought new joys to women. But first – what about you?

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Shirley Mears of Delmar, Delaware, reports, "After finishing LaSalle's course, I redecorated my entire home. My friends say it looks as professional as the rooms shown in decorating books."

And it could even lead you to a career in decorating. Full or part time. It has happened to other talented LaSalle graduates.

Marilyn Perekovich of Racine, Wisconsin describes how her LaSalle training has changed her life.

"After a few lessons, I began practicing on my friends and relatives. Later I worked on a commission basis with a few local retail stores. Then, in January, 1977, my husband and I started a small interior decorating operation



Friends praise her home

Shirley Mears
Delmar, Delaware
(4/15/77)

from our residence. I thank you, LaSalle, for my training." (3/22/77)

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Fulfilled her dream

Eneida B. Medina
Vega Baja,
Puerto Rico
(6/20/74)

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"I have fulfilled one of my life's dreams," writes Eneida B. Medina of Vega Baja, Puerto Rico, ". . . to learn interior decorating. I started out by decorating my own home, and now I'm planning to do my husband's office."

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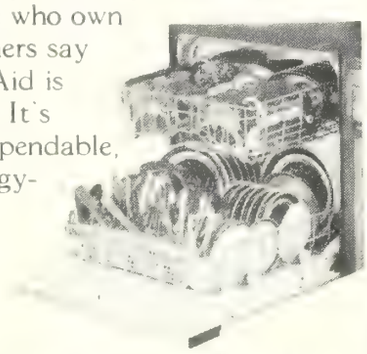


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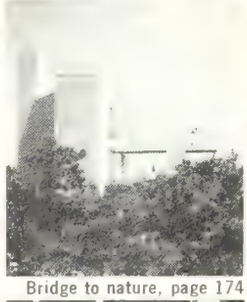
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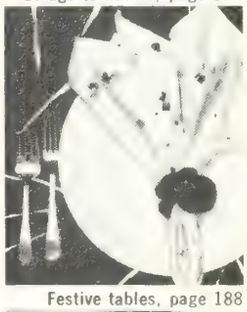
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DECORATING, ARCHITECTURE, BUILDING

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WILLIAM P. STEELE

On the cover: One up-beat green on walls and ceiling and in the Matisse-like upholstery fabric makes this living room an envelope of comfort. To anchor the all-over color, the floor was painted in great big putty-colored hexagons. To give it a spicy snap, a few flourishes of reds and pinks—quilts, flowers, chair pads. You can see the whole room, designed by Claus Mahnken, at Woodward & Lothrop in Washington, D.C. Baker furniture. Woodson fabric. Quilts, America Hurrah Antiques. Gene Davis silkscreen from Pace Editions. Shopping information, page 216.

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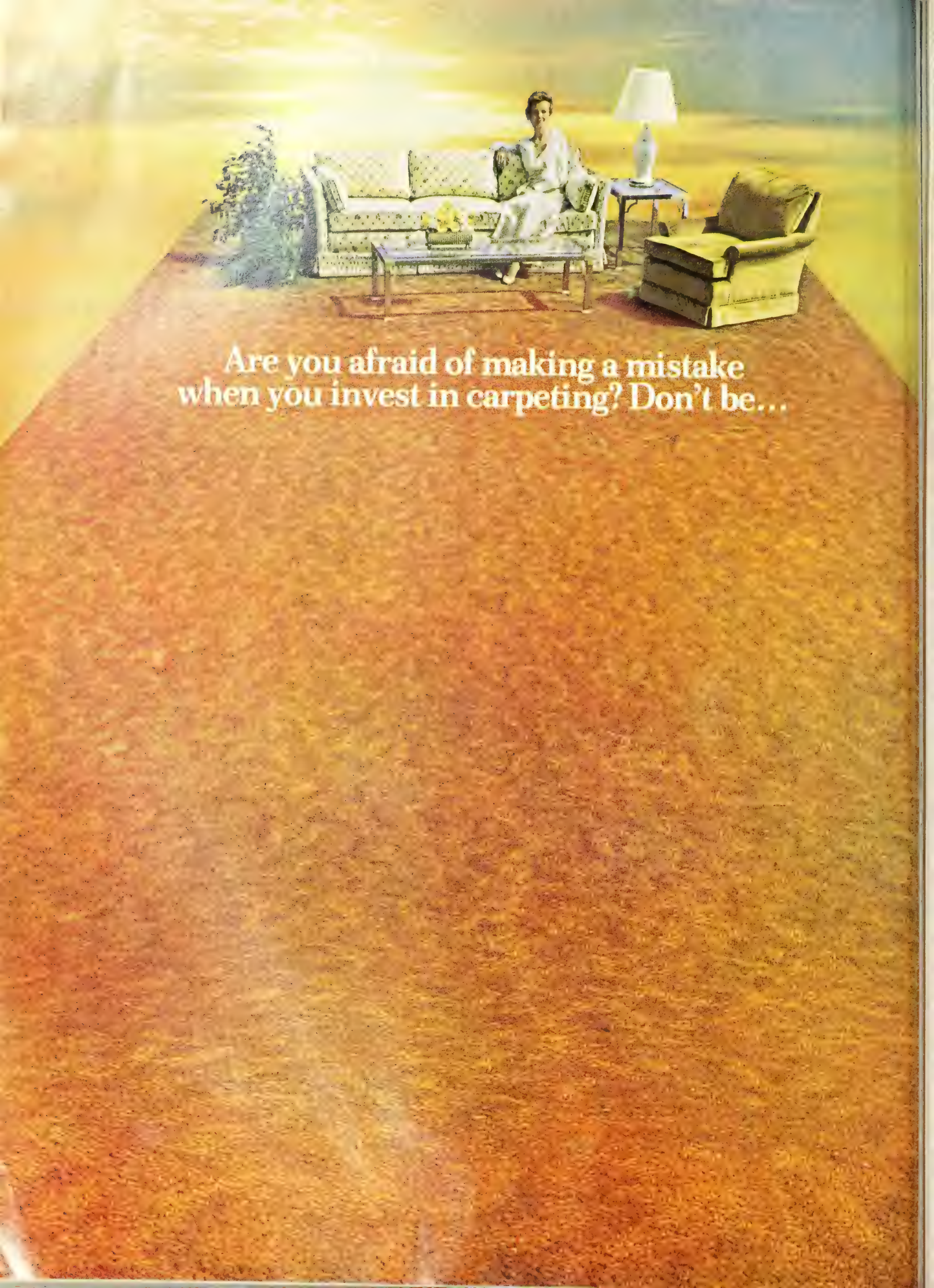
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Chantilly (1895) | c 1977 Gorham | Fairfax (1910) | Strasbourg (1897) | Old English Tipt (18[illegible]) | Buttercup (1899)

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The 20 colors people want most
We did months of research to find out what colors people really want when they're creating or matching a decor. Some are soft, some bold, some vibrant, all versatile.

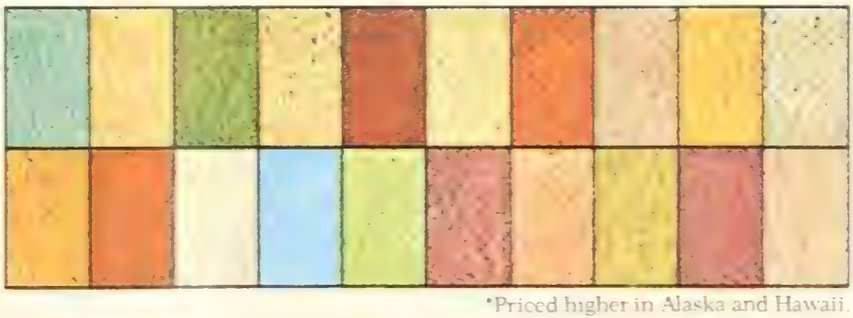
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Living



Decorating • Design • Plants
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Catch up with Costa Rica



San José's National Theatre. Below: Costa Rican painted oxcart

Departure points

For a warm trip south this winter, try Costa Rica which is Spain in microcosm. Small and immaculate with more schoolteachers than policemen, its cosmopolitan capital, San José, is a lily in the valley of Costa Rica. Aside from orchids for 50 cents a bunch, and the especially beautiful women, its star is the palace that coffee built—the National Theatre, now a national monument. In 1890, coffee planters decided their city needed an opera house. Seven years later, an authentic yet miniature Paris Opera House was completed. Recently restored, it sparkles with the best of turn-of-the century elegance. You certainly won't want to miss its charming café with a long Toulouse-Lautrec bar and fuchsia velvet. Stay at the Gran Hotel Costa Rica, dine at Chalet Suizo. A breathtaking ride in the country is a 30-minute drive south to Orosi through mountains of deep green coffee trees dotted with bright orange blooms of the poro tree. From Miami fly to San José by LACSA, and remember you need a tourist card.

Costa Rican color

At the National Theatre café, try a tortilla filled with melted cheese and peppers and a leche agria batido de bánana, a special milkshake *** On the Pacific Coast, a 30-minute flight $7 round trip, El Coco Beach in northeast Guanacaste *** At Orosi, the oldest Franciscan mission, 1699 *** West of San José, Jaco Beach where the plane lands on the sand.—DEE HARDIE

Slice of life

In search of old-fashioned flavor in home-baked bread "moist on the inside, crusty outside," Linda Wasserstein experimented by baking loaves in clay flowerpots. The taste and texture were right, so she took her flowerpot idea to William B. Crandall, Director of Alfred University Research Foundation, who asked students in the ceramics department to come up with conventional rectangular loaf pans. Engineers worked on the project, using a unique clay from local sources in upstate New York. Now Linda Wasserstein's invention is a reality. The bread pans are the only clay bakeware in the world manufactured in a university, with a modified version of an ancient Greek coating. "The gloomiest days are brightened by aromas of fresh breads and chocolate cake," says Linda, who has written a looseleaf book *Home Baked Is Best*. The Brick Oven Bread Pan, $8.50, Bloomingdale's. Book, $2.75: Linda Wasserstein, P.O. Box 275, RVC, New York, N.Y. 11571. Her breads, page 146.



Baker Linda Wasserstein

Halston designs at Wolf Trap



Below: Halston, Nelson Ferlita, and Elizabeth Taylor at Wolf Trap. Party tables with red roses from Gray Matter Flower Shoppe, McLean, Va.



Party tent has guy ropes at each corn White-painted wood framework of 2-by-4s, braced at each corner. Vert supports 9 ft. high. Tent is 12 ft. squ supports for pyramid roof, 10¼ ft. Sheeting stapled to roof framework. Curtains stapled in loose folds to co corner braces. Fabric valance 1 ft. d stapled all the way around.

SHEILA CA

Coming up roses

There's nothing to stop you re-creating your own version of the great gala benefit party that took place at Wolf Trap Farm Park for the Performing Arts in Virginia earlier this year, for your own charity organization or a future family wedding. Nine hundred celebrities including Elizabeth Taylor, chairwoman of the evening, dined at party tables specially created by designer Halston with interior decorator Nelson Ferlita. The dinner and subsequent performance raised over $100,000 for the Wolf Trap Foundation. The buffet was set up under tents covered with "Halston Rose" sheets. The same sheets were used as cloths on long tables, with white painted chairs. Then napkins were made to match. Bouquets of full-blown roses and lemon leaves in Chinese wicker baskets completed the decoration. Overhead swung a cluster of Japanese paper lanterns to light the scene. You can assemble your own tent structure very easily from 2-by-4s (see diagram).

For further tips from Halston write for "Fieldcrest Entertains" — recipes, parties, how-tos with sheets, $2, from Publicity Department, Fieldcrest, 60 W. 40th St., New York, N.Y. 10018.

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The Science of Beauty

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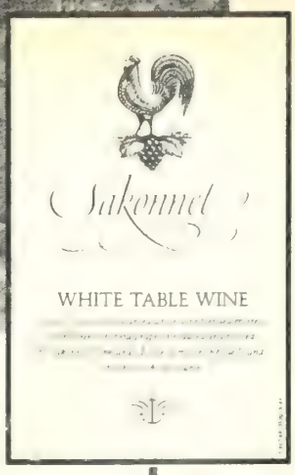
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Living





Venturing vintners

Sakonnet is the Indian word for "place-to-get-away-from-it-all." It is indicative of Lolly and Jim Mitchell's dedication that they uncovered this semantic gem while researching the wine business. After intensive investigation, this New England couple found and bought 120 acres in Rhode Island in 1974 and started Sakonnet Vineyards. Now in their third growing season in Little Compton, they have released two estate-grown and bottled wines, "Rhode Island Red" and America's Cup White." Life in Sakonnet, in Lolly Mitchell's words, is "wild. This year we've had five local helpers plus my brother and two nuns on sabbatical." Last year they produced 100 cases of vintage wine from 2 tons of grapes. This year they expect 30 tons. To the Mitchells, the vineyard offers a new shared career—inspiration for others indeed looking for an alternative life.

Beach plums

Miami Design Preservation League is taking a new look at Old Miami Beach. It has recorded 150 hotels built in the 20s and 30s and Barbara Baer Capitman, president and driving force behind the recently launched restoration program, has enlisted architects, designers, engineers, and art historians to get the area declared a historic district by the National Trust. Many of the buildings, influenced by the French luxury liner Normandie in the 30s, are very special architectural souvenirs, notes Carl Weinhardt Jr., director of Miami's Vizcaya, who was instrumental in saving Beacon Hill, Boston, and worked on the restoration of Newport, R.I. "They look like ships with decks instead of floors and rows of portholes for windows." The League wants to authentically restore one small hotel, the 1939 Plymouth, with a distinctive rocket tower. Once, its lobby was upholstered from floor to ceiling in ivory leather tufted with gold metal stars. The League's proposal to the City of Miami Beach resulted in $10,000 start-up money. "Why wait until the buildings are crumbling?" asks Weinhardt.

If you want to help, contact Miami Design Preservation League, 4420 Adams Ave., Miami Beach, Fla. 33140.

Conran in the kitchen



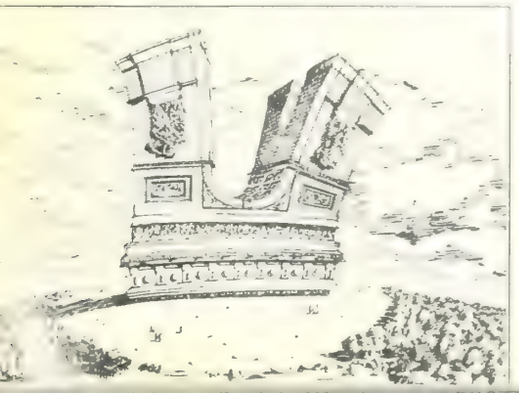
Cuisine heart

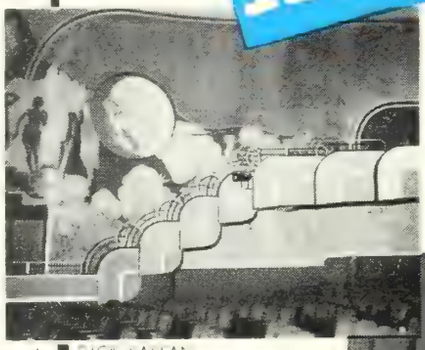
Two events bring British designer Terence Conran into the news. His new *The Kitchen Book* (Crown, $30) is out, charting the development of the kitchen "from cave to microwave" and the first of his shops called Conran's (everything from furniture to teaspoons) is now open in New York City. As in the successful *The House Book*, which sold 60,000 copies, the kitchen encyclopedia concentrates on problem solving, tips for storage, lighting, plans, plus real-life kitchens belonging to experienced cooks. Food is close to Conran's heart; he owns a London restaurant called Neal's and is married to a British cookbook author Caroline Conran. Both prefer the live-in kitchen—"the space where you can cook, sit around the fireplace, and eat at the same time."

Building support

Some people say it all began with the great show of Beaux Arts drawings at the Modern Museum. Others believe it has to do with increasing environment awareness. Whatever the reason, architectural drawing shows are attracting crowds to the galleries. Castelli gallery has drawings and models from seven architects—including, Emilio Ambasz, Richard Meier, Robert Venturi, and the celebrated British architect, James Stirling—Oct. 22 through Nov. 12. Exhibition curator, Pierre Apraxine has no doubt about their appeal. "They are recognizable art works and people are looking at them with great excitement after seeing so much modern abstract and minimal art." Meanwhile at Soho's The Drawing Center, Columbia University's Professor of Architecture, Robert Stern, presents *his* show of works by 17 architectural notables, illustrating the conflicts between Modernists and Post-Modernists. There is a related show at the Cooper-Hewitt Museum and a joint catalogue. Both run through Nov. 6. Judith Newman's Spaced Gallery offers less controversy with a show, *New York: Past, Present and Proposed*—also levity, since she represents David Macaulay, architect-turned-artist, who likes, among other things, to depict "sacred buildings in embarrassing circumstances." Chicago's fling is upcoming: *Drawings by the Chicago 8* organized by Stanley Tigerman opening Dec. 10, at Walter Kelly's Gallery.

David Macaulay's L'Arc de defeat





DICK KASSAN



Miami heritage. Top: Art Deco in Cinema Theatre. Above: New Yorker hotel. Left: The Plymouth



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Living

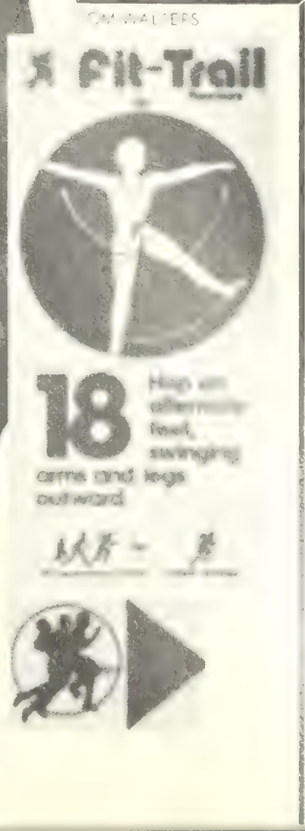
Health

Matters of course

Is there more to jogging than loving it? Sure is. It's an exercise course that your town or city can set up using natural materials at very little cost. The Fit-Trail is a jogging course with twenty way-stations. The jogger pauses at each one to work at a carefully thought-out drill before going off again to the next station. The concept of the jogger's exercise course originated in Switzerland about 10 years ago and there are now many *parcours,* as they're called, scattered throughout Europe. The exercises have been planned by physical fitness experts to give the entire body a thorough workout by the time a jogger has completed the course. The result: increased endurance, stamina, coordination and flexibility. Write: Fit-Trail, Recreational Development Corp., 932 Ideal Way, Charlotte, N.C. 28203.



A new twist for fitness; jog and jumping jacks





Virginia Belmont's bird album

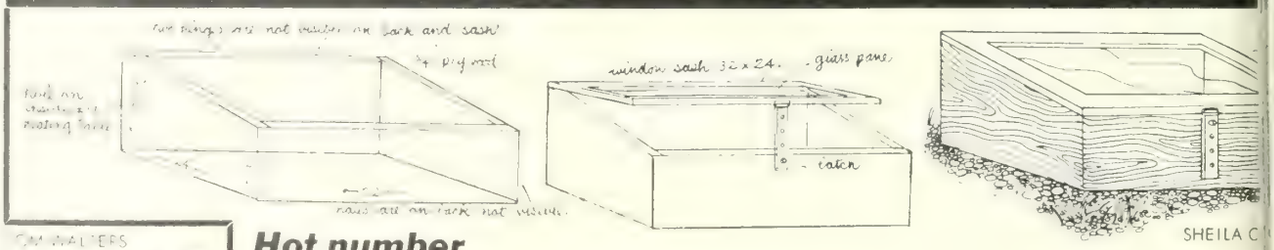
Pet peeves

A renowned authority on animals for over 50 years, Virginia Belmont has parakeets that are 23 years old, and has had two dogs who lived 18 years each (equivalent to 117 human years). The secret of such longevity, she says, and her own (she's a 71-year-old who only takes 2-3 hours' sleep a night), is correct diet. She deals with pets' diets as she does her own. Everything as pure and natural as possible (she's primarily a vegetarian), nothing that may have been sprayed, and only Mountain Valley w "For instance, it's bet give a bird a dime-siz of watercress than le exposed to pesticides may be fun to have bird in the room for tail parties, better fo pet if you don't. "Like ple they can very e overindulge and it years off their lives." common problems colds and asthma, ca by air conditioning drafts, says Mrs. Beln who has made the onl cording of its kind, *Vir Belmont's Famous Sin and Talking Birds,* $ For information abou domestic animals: Belr Bird & Kennel Shop, Rockefeller Plaza, York, N.Y. 10020.



Nutritious nasturtiums

Nasturtiums, if you don't know it, are delicious. The seeds can be pickled like capers. The plant's spicy leaves (and even the flowers) liven up winter salads. Nasturtiums do well on a sun porch or in a roomy window where the greenery can either climb or hang. Sunlight is essential, although the plants need less water than n herbs do. Plant a new potful eve months for a continuous crop; na tiums are annuals and have a relati short season even indoors. By the v aphids enjoy munching on nasturt leaves too. Make sure you don't us insecticide to pursue these pests. D the plant tops in a soap (not deterg solution once a week if they become fested. Rinse them off well before tos the salad. RICHARD LAN



Hot number

Springtime blossoms in midwinter are not just wishful thinking. If you love plants and don't mind putting in a few hours of work, you can have strawberries, radishes, lettuce, pansies, marigolds, daisies —almost anything you like all winter long with a hotbed. Construct your own frame and you will definitely save money. A 32-by-24-inch hotbed frame with heating cable and thermostat can be made for under $40. Before you start, be sure you have a sunny exposure where the frame may rest protected from winds and adjacent to a safe electrical outlet. Check carefully that the lumberyard or carpenter has cut each piece of plywood to specification. Hammer sides on level ground. Then top with the window, hinging it on the 18-inch back and sash and latching on the 12-inch front. Varnish the wood for insulation. Lay the elec tric cable 3 inches from th edge of the frame and loo in parallel lines making sur they never overlap. Plac the thermostat on the sam level so that the tempera ture count is accurate. Pu pebbles or sand down fo drainage and lastly the soi which should be turne over several times. Then a is ready for planting seed and cuttings either directl in soil or in clay pots. B sure the bed is ventilate properly by keeping it slight ly ajar on sunny days an do not overwater or us cold water. When it is bitte cold, wrap the sides with straw mat, plastic, or an old blanket. Cover the top with same for bitter nights.

Supplies

- **4 pieces ¾-inch plywood**
  - **back: 32 by 18 inches**
  - **front: 32 by 12 inches**
  - **sides: 22½ inches by sloping angle 18 to 12 inches (small hole drilled on one side for heating cable)**
- **window sash (32 by 24 inches with or without muntins)**
- **screwdriver, hammer**
- **box of 2-inch nails**
- **2 strong hinges**
- **latch**
- **can of regular varnish and thinner**
- **paintbrush**
- **heat cable, 36 feet**

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YEAR-END TAX PLANNING

CHANGES YOU SHOULD KNOW ABOUT

BY PAUL GROSS

The Carter Administration is pushing tax-reform legislation that is more sweeping than anything we've ever seen before. According to a partner in a major, nationwide accounting firm that has good contacts in Washington, many of the tax breaks you now get will be reduced significantly or discarded altogether. Hence, he and many other tax experts suggest that you start working on your taxes right away—while you still have a chance of taking some good deductions. Even if the tax reforms aren't passed immediately, the sooner you start working on your tax return, the better you'll be able to boost the amount you can deduct.

The wise way to be healthy and wealthy

Sometimes it seems we spend enough money on our health to fund a chair at Harvard Medical School, and yet we often find that not one red cent is deductible because of the so-called 3 percent and 1 percent rules. Basically, these rules state that you can deduct only out-of-pocket medical and dental costs that exceed 3 percent of your adjusted gross income. And you can deduct only those pharmaceutical costs that exceed 1 percent of your adjusted gross income.

That may seem like a small percentage at first glance, but consider this: If you have an adjusted gross income of $30,000, the first $900 of medical bills is not deductible. And there is some talk in Washington of raising the percentage to 5 percent or more. But don't despair, there are some good, legal ways of increasing the amount you can deduct right now. Your first step is to figure out what your adjusted gross income for the year will come to—which should be fairly easy. Now add up your medical bills for the year so far, to find out how much you can deduct or if you will have a deduction at all. For example, let's say you have an adjusted gross income of $20,000 and medical bills of $600 so far—which is exactly 3 percent of your adjusted gross income. If you don't have any more medical bills, not one cent of what you've spent will be deductible. To come up with some more deductible medical expenses, there are two major possibilities: Reviewing all your past expenditures to find out if you've overlooked any deductible expenses, and, if that fails, spending more on your health.

Overlooking a deductible medical expense is more common than you may realize. Most people just aren't aware of all the things that are in fact deductible. Simply put, you can deduct the cost of anything that your doctor, dentist, or optometrist prescribes. And that includes a host of things. For example, if you or a member of your family has asthma, your doctor may have recommended that you buy an air conditioner. If that's the case, ask your doctor to put it in writing so that you can deduct the cost of the air conditioner. One woman was able to de-



tor prescribed swimming for her rt condition. One family was able to uct the cost of a clarinet and lessons their son because his orthodontist scribed it. Wigs, face lifts, bicycles, omobiles, and even magic lessons to rease manual dexterity for a person fering from arthritis, have been de-cted because they were prescribed by octor. Alternatively, you might con-er including medical expenses you had eduled for next year into this year. r example, you might have your 1978 ual physical in December of this year. you might have that dental work that 've been putting off done now.

Finally, if you're planning on filing a t tax return with your spouse, you'd wise to figure out what your taxes uld be if you filed separately. For ex-ple, assume that both you and your use make $20,000 a year. If you filed ntly, you would have to come up with ,200 of medical expenses before you'd en be able to deduct a cent. However, one of you racked up the lion's share those medical bills, it might pay to e separate returns, because anything er $600 will be deductible.

apitalize on your gains hile you can

here's a very good chance that the new x-reform proposals will end the prefer-or so, you should keep in mind that starting in 1978, you will have to hold on to an asset for a full year or more to get long-term capital gains treatment. (At present, you have to hold on to an asset for only 9 months to get long-term capital gains treatment.) Hence, you should consider nailing capital gains on investments that you don't think will do well over the long term. By the same token, if you have stock options from your company, you might consider exercising them as soon as you can.

In any case, the end of the year is a logical time to review your investment portfolio. Cull the losers by selling them for a loss, and take whatever gains you can in those assets you're no longer that sure of. However, do keep in mind that timing is important. The sooner you act, the better off you'll be. The stock market tends to slump towards the end of the year as investors actively sell off some of their securities for tax reasons. So, if you don't move quickly enough, a small loss could become a much larger loss. You have to figure that some other people have also taken a loss in the same securities you've taken a beating with. As they sell off their holdings, the price of the security will start falling.

Here's how the math on gains and losses works out. Short-term gains are fully taxable. The first $50,000 of long-term gains is taxed at up to a 25 percent you have losses, which seems likely considering the way the stock market has acted, you have to balance long-term losses against long-term gains, and short-term losses against short-term gains.

For example, assume that you have $3,000 of long-term gains, $1,000 of short-term gains, $2,000 of long-term losses, and $4,000 of short-term losses. You could offset your long-term gains by using your long-term losses and $1,000 of your short-term losses. Then you could offset your short-term gains with $1,000 of short-term losses. That would leave you with $2,000 of short-term losses—which can be applied against your regular income, dollar for dollar. You can use up to $3,000 of short-term losses this way with anything over that carried over into the future. If you had long-term instead of short-term losses left over, you could also use them to reduce your ordinary income. However, you would only be able to reduce $1 of income for every $2 of long-term losses.

An interest in deductions

There is some talk that President Carter and Congress may severely limit the interest you can deduct. Hence, make sure that you don't overlook a cent of the interest you're now paying on your charge cards, department store accounts, late

Continued on page 220



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Auburn — Ware Jewelers
Birmingham — Chats Cards and Candy
Huntsville — The Book Shop
[illegible]

ARKANSAS

DeWitt — Gallery "G" Antiques
W. Memphis — Manning Jewelers

CONNECTICUT

Bridgeport — Lafayette Jewelers
Glastonbury — Mahogany Shoppe
Hamden — The Gallery
New Haven — Savitt Jewelers
Waterbury — Jay Mar Party Shop

DELAWARE

Wilmington — Carl A. Doubet Jr.
Wilmington — A. F. Gallaghen, Inc.

FLORIDA

Eustis — Long's Gift Shop
Orlando — Ivey's
Tarpon Springs — The Lil Store
[illegible]

GEORGIA

Atlanta — Citizen's Jewelry Company
Dalton — Maryville Jewelers

IDAHO

Moscow — Dodson's

ILLINOIS

Aurora — Gift Forum
Berwyn — The Card Place, Inc.
Bradley — The Sentiment Shop
Carbondale — The Apple Tree
Chicago — Brautigam Internationale Gift Shop
Chicago — The Flower Cottage
Chicago — Laboite à Musique, Ltd.
Danville — Shifrin Willens
Des Plaines — Ramada O'Hare Art Gallery
Dolton — The Casual Shop
Elgin — Perlman Fine Jewelry
Evanston — Downs
Galesburg — Doyle's Gift Shop
Gray's Lake — The Glass Impression
LaSalle — O'Leary's
Lombard — The Plum Tree
Mt. Vernon — Clark Jewelers
Northbrook — Laboite à Musique, Ltd.
North Riverside — Flowerama Inc.
Oak Lawn — Forget Me Not Shop
Oak Park — Gabriell's
Ottowa — Jacob's
Peoria — Sherman's Place
Peru — [illegible] Drugs
Rock Island — Center Stage
Springfield — Bridge Jewelers
Springfield — Myers Brothers

INDIANA

Angola — Howards
Columbus — Shifrin-Willens
Elkhart — Carson, Pirie, Scott & Co.
Evansville — Droste's
Evansville — Kruckmeyer & Cohn
Ft. Wayne — Howards
Highland — Lamprect
Indianapolis — Berus
Indianapolis — Card 'N All, Inc.
Indianapolis — Forget Me Not Gifts
Indianapolis — Home of the 500 Gift
Kalamazoo — Howards
Lafayette — Lynn's Gifts
Lafayette — Lynn's Hallmark Shop
Lafayette — Shifrin-Willens
Lebanon — The Gift Barn
Lowell — Hitzelmans Country Haus
Merrillville — Osterman's
Middlebury — Smucker Drugs
Muncie — Stanots Jewelry
New Castle — McCormick-Hammer
Richmond — Hoppe Jewelers
South Bend — Shifrin-Willens

IOWA

Davenport — Tabletop Fashions
Des Moines — Giftique
Knoxville — Rhymes & Reasons

LOUISIANA

Alexandria — Gem Jewelry Co.
Lake Charles — Gem Jewelry Co.
New Orleans — Stage Left Inc.
Shreveport — Rubenstein's (all stores)

MAINE

Portland — G. M. Pollock

MARYLAND

Baltimore — Richards Card Shop
Gaithersburg — Cardwright
Kensington — Expressions
Landover Hills — Curiosity Shoppe
Silver Spring — Gift Fair

MASSACHUSETTS

Boston — Laboite à Musique, Ltd.
Boston — Long's Jewelers
Falmouth — Cape Cod Candle Shop
Lawrence — Rosebud
Waltham — Frederick Brasco
Worcester — Diamond Jewelers

MICHIGAN

Adrian — Osterman's
Ann Arbor — Shifrin Willens
Bay City — Shifrin-Willens
Bloomfield Hills — Fishers of Bloomfield
Dearborn — Laboite à Musique, Ltd.
Detroit — Shifrin-Willens
Frankenmuth — Brouner's Christmas Decorations
Frankenmuth — Zehnders Gift Shoppe
Grosse Pointe — Squirrels Nest
Jonesville — Arthur M. Fiebig Jeweler
Kalamazoo — Shifrin-Willens
Jackson — Shifrin-Willens
Lincoln Park — December's Special Place
Livonia — Artisans Limited Edition
Monroe — Osterman's
Mt. Clemens — Kubiac & Son Jewelers
Rochester — Fishers of Rochester
Royal Oak — Dobie Jewelers
Saginaw — Osterman's
Saginaw — Wiechmann's
St. Joseph — Meskimens Gifts
Southfield — The Gift Gallery
Southgate — The Olde Attic
Trenton — Mulias & Ellias
Warren — Genna's Fine Gifts
Westland — Gift Gallery

MINNESOTA

Edina — Mabry Pink Pony
Fergus Falls — Bergen Flower Center
Minneapolis — Bee Hive Gift Shop
White Bear Lake — The Quirk of Fate

MISSISSIPPI

Hattiesburg — Chain Lighting & Appliance

MISSOURI

Gower — Platte Purchase Antiques
Kansas City — The Gift Gallery
St. Charles — First Capital Trading Post

NEVADA

Reno — R. Herz & Bros.
Sparks — Ideal Drug Store

NEW JERSEY

Atlantic City — Jay-Jay Imports
Cherry Hill — Douglas F. Merrill
Clifton — Lacki
Clifton — Rowe Manse Emporium
Colonia — Marcy's Hallmark Cottage
Deptford — The Heritage Shoppe
East Hanover — Hanover Floral Co.
Elmwood Park — Molk Brothers Card Store
Flemington — Christmas Carol
Flemington — Notes-A-Plenty
Freehold — Stuart Crane
Hackensack — Laboite à Musique, Ltd.
Hackettstown — Fifth Ave. Card Shop
Hammonton — Aloi Jewelers
Holmdel — Old Wagon Gifts
Kearny — House of Drugs
Linwood — H. Prosser Jewelers
Manville — Gifts N' Cards
McAfee — Gift Fair Inc.
Midland Park — Chandel Jewelers
Millburn — S. Marsh & Sons
Northfield — Sugar Pine Work Shop
Old Bridge — Helene's at Browntown
Paramus — The Copper Shop
Paramus — Mar-Glo Gifts
Paramus — The Yellow Ribbon
Parsippany — Jerals Gift Shop
Passaic — Moore Lyons
Princeton — Expressions
Rancocas Woods — Accents
Rutherford — Allied Office Supply
Succasunna — Thoughtfulness Card & Gift Shop
Toms River — Rand's
Trenton — Liberty Gifts
Vincentown — Modica's Card & Gift Shop
Voorhees Township — Douglas F. Merrill
West Orange — Walter Bauman Jewelers
Westwood — Party Tyme

NEW HAMPSHIRE

Portsmouth — House of Schwartz

NEW YORK

Albany — Frank Adams Jewelers
Bayshore — Luanne's
Bayshore — Tiny Treasures
Buffalo — Adam, Meldrum & Anderson
Dewitt — The Gift House
Fishkill — Country Manor
Farmingdale — Irene's House of Gifts
Franklin Square — Lilyans Collectiques
Garden City — Stardust Gifts
Glen Cove — Precious and Few, Ltd.
Gloversville — Gem Jewelers
Greenlawn — Alcar Card & Gift
Jackson Heights — Newman Jewelers
Jamaica — B. Gertz Inc.
Latham — The Linen Chest
Latham — The Linen Closet
Locust Valley — Chez Cadeaux
Massapequa — Luanne's
Middletown — Sullivan's Dept. Store
Mt. Kisco — Mt. Kisco Party Tyme
Nanuet — R. E. Neil
Newburgh — Card Carrousel
Newburgh — Galindo & Mills
Newburgh — Jeanne's
New City — Card Carrousel
New Hyde Park — Abe Peltz, Inc.
New York — Bianca Commerce
New York — Card Emporium I
New York — Card and Gift Gallery
New York — DeNatale Brothers
New York — Granny's Bag, Inc.
New York — Hallmark Card & Gift Shop
New York — Plaza Jewelry & Gifts
New York — 1359 Card Shop
New York — Thoughtfulness Gallery
Olean — Adam, Meldrum & Anderson
Pleasant Valley — Heritage Gift Shoppe
Poughkeepsie — Happy House Gifts
Rochester — The Canal Town Country Store Ltd.
Rockville Centre — Imperial China
Rotterdam — Fowler's Card & Gift Shop
Schenectady — The Linen Chest
Schenectady — The Linen Closet
Scotia — Mayfair Jewelers
Staten Island — Grant Card Shop
Vails Gate — Ann's Gift Shop
Warsaw — Village Department Store
Westbury — M. Fortunoff, Inc.
White Plains — Colony Jewelers

NORTH CAROLINA

Burlington — Belk-Belk Co.
Dunn — Belk
Durham — Osterman's
Fayetteville — Belk
Greensboro — Belk
Laurenburg — [illegible]
Rockingham — [illegible]
Salisbury — Belk-Harry[illegible]
Willow Springs — Willow Florist [illegible]
Winston-Salem — [illegible]
Winston Salem — Osterm[illegible]

NORTH DAKOTA

Fargo — Shotwell-[illegible]
Grand Forks — Why Not S[illegible]

OHIO

Akron — The Enchanted Cott[illegible]
Akron — Hig[illegible]
Akron — O'N[illegible]
Alliance — Arts Jewe[illegible]
Athens — Beth's P[illegible]
Bowling Green — Smith's Hallmark S[illegible]
Canton — Arts Jewe[illegible]
Canton — O'N[illegible]
Chillicothe — Central Hallmark C[illegible]
Chillicothe — E. M. Smith Jewe[illegible]
Cincinnati — The Frank Herschede [illegible]
Cincinnati — The Willis Music
Cleveland — Higbee
Columbus — Hallmark Crown Shops (all stor[illegible]
Dover — Arts Jewel[illegible]
East Liverpool — James Locke Jewe[illegible]
Elyria — Higbee [illegible]
Findlay — Osterma[illegible]
Freemont — Osterma[illegible]
Lima — Osterma[illegible]
Mansfield — O'Ne[illegible]
Marion — Carroll's Jewe[illegible]
Newark — Haynes Bros. Jewe[illegible]
Piqua — Hallmark Card & Gift S[illegible]
Salem — Arts Jewe[illegible]
Sandusky — Osterma[illegible]
Tallmadge — Bumpas Drug & Emporiu[illegible]
Tiffin — Osterma[illegible]
Toledo — Osterma[illegible]
Warren — Fred H. Myers In[illegible]
Waterville — House of Ga[illegible]
Wooster — Wooster Gift Corn[illegible]
Youngstown — Jerry Lee's Jewe[illegible]

OKLAHOMA

Oklahoma City — Etta's Gift Ga[illegible]
Tulsa — Stebbin[illegible]

PENNSYLVANIA

Erie — Osterman[illegible]
Honesdale — Jerry Land Jeweler[illegible]
Lahaska — House of Bek-O[illegible]
Monaca — Osterman[illegible]
Philadelphia — Laboita à Musique, L[illegible]
Plymouth — Cardlan[illegible]
St. Mary's — St. Mary's Gift Cente[illegible]

RHODE ISLAND

Cranston — James Kaplan Jeweler[illegible]
Barrington — Ross-Simo[illegible]
East Greenwich — Wood Jeweler[illegible]
East Providence — Pumpkin Patch, In[illegible]
Providence — Ross-Simo[illegible]
Warwick — Ross-Simo[illegible]
Woonsocket — Piette Jeweler[illegible]

SOUTH CAROLINA

Greenville — Belk-Simpson Co[illegible]

TENNESSEE

Donelson — Donelson Drug Mar[illegible]
Franklin — Sparkman Jeweler[illegible]
Gatlinburg — Craft Center, Inc[illegible]
Gatlinburg — Gatlinburg Furniture & Craft Cente[illegible]
Jackson — Forrest Heights Pharmacy Inc[illegible]
Jackson — John E. Parker Co., Inc[illegible]
Memphis — Goldsmith's (all stores[illegible]

TEXAS

Austin — Carl Maye[illegible]
Baytown — Gray Pharmac[illegible]
Beaumont — Gem Jewelr[illegible]
Brownfield — Sears-Copeland[illegible]
Corpus Christi — Town & Country Pharmac[illegible]
Dallas — Daniel [illegible]
Fort Worth — The Wishing We[illegible]
Houston — Foley's (all stores[illegible]
Houston — Laboite à Musique, Ltd.

VERMONT

Arlington — Christmas Dove[illegible]
Burlington — F. J. Preston & Son[illegible]

WASHINGTON

Spokane — Dodson's[illegible]
Tri-Cities — Dodson's[illegible]

WEST VIRGINIA

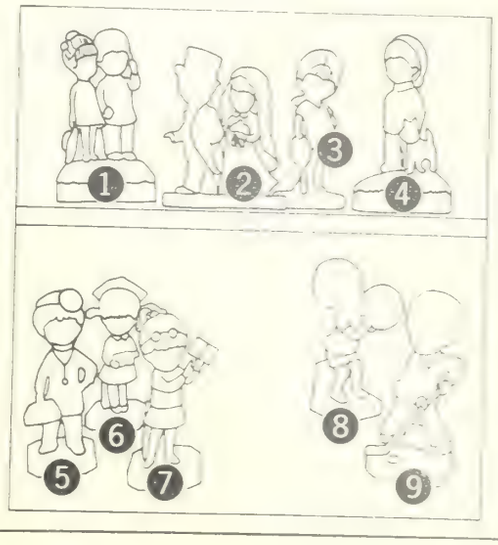
Clarksburg — Logue's Jewelers[illegible]
Dunbar — Lily's Crown Jewelers[illegible]
Logan — Lily's Crown Jewelers[illegible]
Madison — Treasure House
Wheeling — King's
Wheeling — Upton Gifts
Williamstown — Fenton Gift Shop

WISCONSIN

Greendale — Ashby's (Southbridge)
Janesville — Martin J. Kennedy (all stores)
LaCrosse — Edward's China Shop
Southgate — Tivoli Imports
Wauwatosa — Bailey, Banks & Biddle

PUERTO RICO

San Juan — Jewels of the World



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② Here Comes the Bride"	$16.
③ Tennis Anyone?"	$12
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⑥ "A Helping Hand...A Warm Heart"	$12.
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GORHAM TEXTRON
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PLANNING A PARTY? YOU NEED WINE & FOOD A HOUSE & GARDEN GUIDE

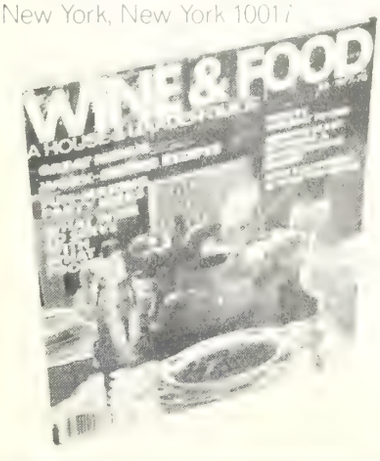
From cover to cover it's a feast of ideas on cooking and entertaining; on how to buy, prepare and serve memorable meals and spirited drinks to family and guests. In WINE & FOOD, the Guide that grew out of House & Garden's hugely popular monthly Wine & Food section, the emphasis is on hospitality. Day-to-day and special occasion hospitality that is headquartered in the kitchen and expressed creatively in wonderful recipes and gala menus through the year. Ask for a copy of the first exciting issue of WINE & FOOD at your favorite newsstand. Or write for it at the address below.

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& ANSWERS

ANTIQUES



BY LOUISE ADE BOGE

Syracuse pottery



From my rough drawing of my saucer's design and its mark, can you tell me anything about it? J.C.A.—Richmond, Va.

Your saucer was made at the Onondaga Pottery Co., started at Syracuse, N.Y. in 1871. After 1897, it became the still-existing Syracuse China Co., and the mark was changed to Syracuse China. Your saucer, with an Egyptian-like motif, probably dates about the 1880s.

"Home to Thanksgiving" platter





Can you give me information about my large platter? The mark on the back is: Home to Thanksgiving/Colored Engravings/For the People/Published by N. Currier Lithographer/2 Spruce Street/New York/For Sale Here. I've also drawn a maker's mark.

L. T. Hoyt—Rosendale, Wis.

The still-existing Staffordshire potters William Adams & Sons used your mark from about 1914 to 1940. Your transfer-printed scene, published by Currier & Ives, was drawn on stone by Jno. Schulter, whose signature it bears, after a work by the American painter George Henry Durrie (1820-1863), born and working in Connecticut. At first a portrait painter, Durrie turned about 1850 to rural genre and winter landscapes for which he is remembered mainly through Currier & Ives prints of the 1860s. The catalogue of the George Henry Durrie Exhibition held at the Wadsworth Atheneum, Hartford, Conn., in 1947 note "The print *Home to Thanksgiving* is p haps the most popular 19th-century p ture of American life. . . . Since t original painting has not been found, we have is Schulter's interpretation Durrie plus the title, one of the best ev originated by the great lithographe Currier & Ives.

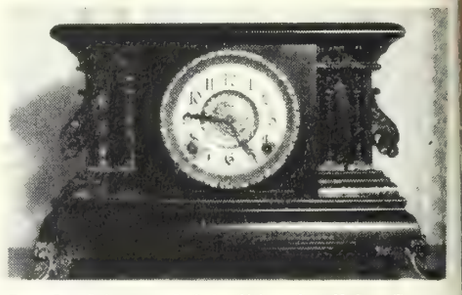
Arrow-back highchair



Can you tell me if this old highchair i European or American and about ho old it is? A.W.S.—Franconia, Va

Your delightful arrow-back highchair i of American manufacture dating prob ably about 1830 to 1840.

"Black" mantel clock



My clock's model is "Adrian" by Ingraham. What else can you tell me about it?

F.G.—Pt. Reyes, Calif.

Your clock belongs to the general class of mantel clocks currently called "blacks," a popular American favorite for almost 40 years after 1880. They were made in a legion of styles. The materials were three kinds: marble, black iron, and black-enameled wood. The movements were well built, chiefly 8-day, some with alarms and with half-hour and hour strike, pendulum controlled.

Continued on page 30

Wild Oats.
Get 'em while they're hot.

Wild Oats is our answer to the back-to-nature
henomenon. Rugged, yet civilized, this
ven-to-tableware goes happily into oven,
shwasher and freezer. (Safe for microwave
vens, too.) 45-pc. service for 8, $185;
0-pc. service for 4, $80; 5-pc. place
tting, $25.75. (Buying by the
t gives you substantial
vings.) Wild Oats can be
ain or fancy. It's all in how
ou slice it.



Midwinter
A member of the Wedgwood® Group

Wild Oat 'n Orange Bread

2 cups flour	1½ cups rolled oats
¾ cup sugar	1 orange, rind & sections
4½ tsp. baking powder	2 eggs, beaten
½ tsp. baking soda	2 tbsp. melted butter
½ tsp. salt	1 cup water

Stir together first six items. Mix 1 tbsp. sugar with grated orange rind and diced sections. To eggs, add butter, orange mixture and water. Combine with flour mixture and pour into 1½ qt. greased casserole. Let rest 10 minutes. Bake 55 min. in preheated 350° oven. Serve hot or cold.

Wedgwood, 41 Madison Ave., New York, N.Y. 10010.

A gift givers' guid

Service for eight. Complete services in beautiful Oneida stainless are available in a wide range of prices and patterns at fine stores everywhere. The pattern shown below is Michelangelo.



Five-piece place setting. It's always nice to have extra place settings when company comes to call. The Oneida stainless pattern pictured below is Paul Revere.





Carving set. Whether it's a large sirloin steak or a roast chicken dinner, every man should have a beautifully matched carving set. The set shown above is in our American Colonial pattern.



Five-piece hostess set. This handsome hostess set includes a gravy ladle, serving fork, pierced tablespoon, butter knife, and a sugar spoon. The pattern shown here is our Cherbourg.

© Oneida Ltd., 1977

to Oneida stainless.

k knives. Here's the perfect gift for hungry eaters.
utiful and useful steak knives with sharp, serrated blades.
knives shown below are in Chateau.



Butter spreaders. Here's an elegant touch for those special dinners. A gift of butter spreaders perfectly matched to her beautiful Oneida service. Shown below is Frostfire.





rving pieces in open stock. Individual serving pieces, place ttings and replacement pieces are available in all the popular neida patterns. Modern Antique shown above.



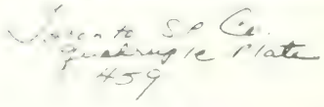
Fruit spoons. Here are serrated fruit spoons to make grapefruit even more delicious. Shown here in Louisiana.
Oneida has hundreds of gifts from under $10 to over $300.

ONEIDA

The silver cube. Our silversmiths' mark of excellence

Canadian coffeepot

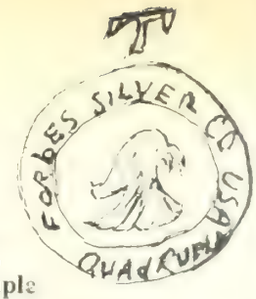




From the picture and the copy of what's marked on it, can you identify my silver coffeepot and date it?
E.A.B.—Bedford, Mass.

The Toronto Silver Plate Company, founded in Toronto, 1882, was a manufacturer of sterling silver and plated silver hollowware and flatware. Its marks were used until 1929. The design of your coffeepot, which is of classical derivation, suggests that it was made around the turn of the century, perhaps the Edwardian period (1901-1910).

Connecticut silver



My tea service mark indicates it was made by Forbes Silver. Can you tell me about the company, and what quadruple indicates? C.L.—Jefferson, N.C.

The Forbes Silver Co. of Meriden, Conn., established in 1894, merged with International Silver in 1899. The Forbes mark was used until about 1938. Your tea service is plated silver, quadruple being A-1 quality in America.

American snuffers



Can you tell me what our scissors-like piece is and how and when it was used?
V.W.—Torrence, Calif.

You have a pair of brass snuffers, probably of 20th-century American manufacture. In early times, the wicks of candles were thick and made of soft material, and before the invention in the 19th century of a hard candlewick which was completely consumed by the flame of the candle, the constant trimming or snuffing of candles was a necessity. A pair of snuffers of some kind were an almost indispensable accompaniment. Commonly they consisted of a pair of scissors with a closed box forming a receptacle for the charred wick after it was cut off. Generally they had three small feet and were furnished with a separate tray or stand in which they were placed when not in use. The earliest known snuffers in English silver were made about 1510.

Cinnabar vase



I recently inherited this carved lacquer cinnabar vase. I wish to know just what cinnabar is and if there is anything about the vase that can enable you to date it for me. S.C.—New York, N.Y.

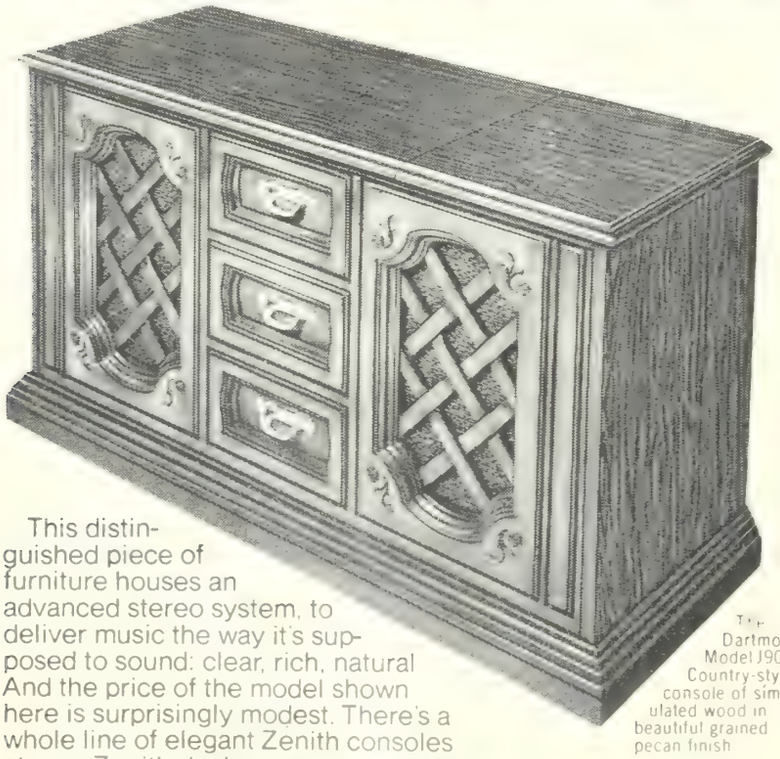
The name cinnabar is given to red mercuric sulphide, or native vermilion, the ordinary ore of mercury. The ancients believed that cinnabar was made from a mixture of dragon's blood and elephant's blood. The proportions of your quadrangular vase—the markedly large ear-type handles and the extra long neck—indicate that it was made in China no earlier than the 19th century.

Antiqueries



Copies of Louise Ade Boger's book, *House & Garden's Antiques: Questions & Answers*, which contains more than 900 fascinating items chosen from past columns, all conveniently arranged by category for easy reference, can be purchased for $10.95 a copy, plus 45¢ to cover the cost of postage and handling. To order a copy, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address. ■

Elegant music. Surprisingly affordable.



This distinguished piece of furniture houses an advanced stereo system, to deliver music the way it's supposed to sound: clear, rich, natural. And the price of the model shown here is surprisingly modest. There's a whole line of elegant Zenith consoles at your Zenith dealer.

The Dartmoor Model J902P Country-style console of simulated wood in beautiful grained pecan finish

ZENITH
The quality goes in before the name goes on*



Night Accessories.
Bed Dress: "The Lion" Dust Ruffle.
Pillow Dress: "The Lion" Pillow Shams, of course.

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Burlington introduces "The Lion," a classic Anne Klein signature print.
Sheets and pillowcases are luxurious Percale of 50% Combed cotton, 50% Kodel polyester.
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For the store nearest you, call this toll-free number anytime: 800-243-6000 (in Conn. call 1-800-882-6500)

"The Lion" by Anne Klein

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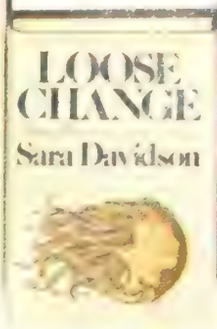
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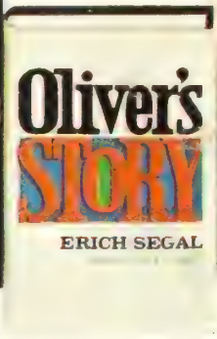
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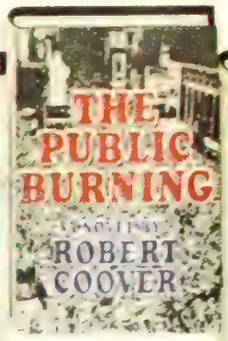
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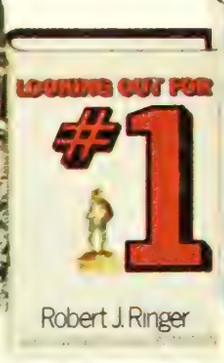
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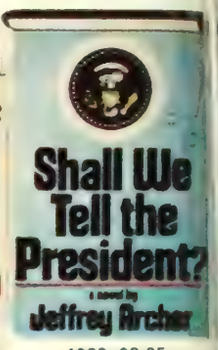
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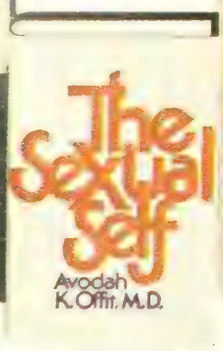
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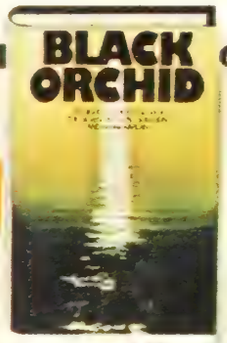
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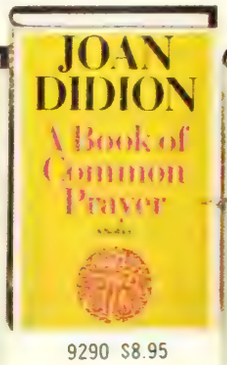
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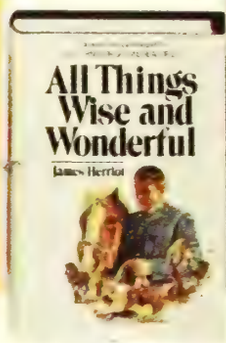
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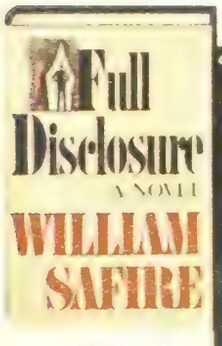
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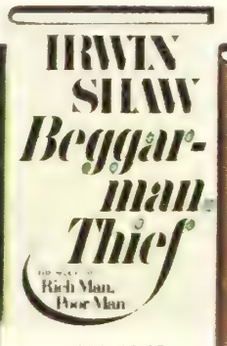
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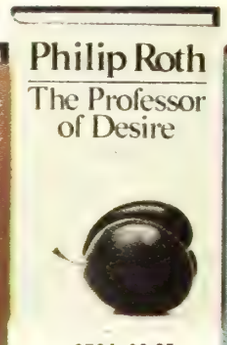
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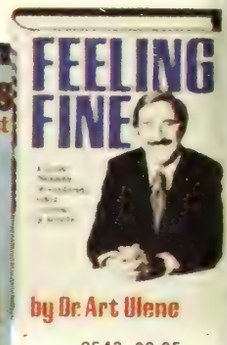
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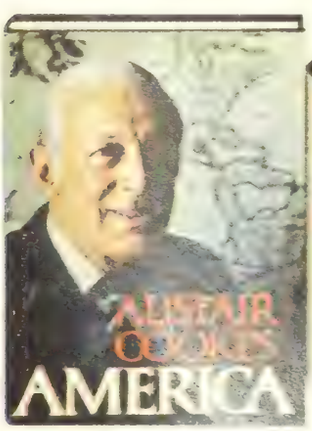


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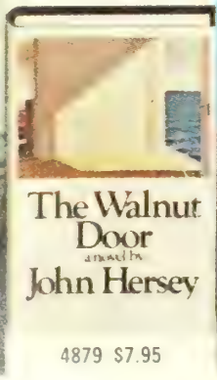


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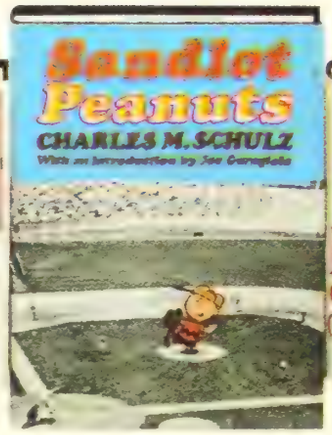
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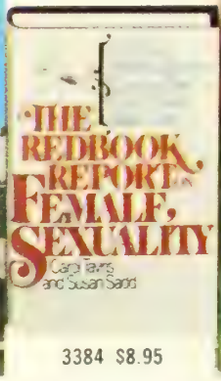
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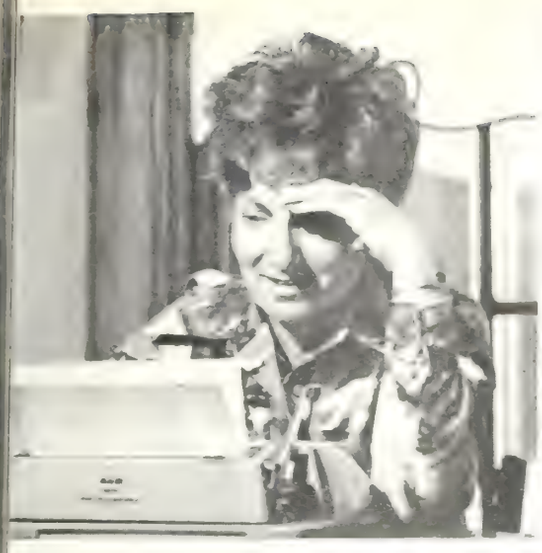
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"My hand became so rough and raw...I was about to call a doctor"..

BILLIE WILLIAMS—Sharon, Mass.

Gentlemen:

I am not an Arctic fisherman nor a Japanese pottery maker. I am a Massachusetts housewife whose right hand was paralyzed by a virus the end of last summer. Needless to say, over the past seven months I have been forced to use my left hand almost exclusively. My hand became so rough and raw with cracks, bleeding, etc., that I was about to call a skin doctor last week when I decided to give your product a try. I figured I'd be conned by a good advertising campaign one more time. Now -- HERE COMES MY FIRST UNSOLICITED TESTIMONIAL -- TA DA -- AND A DRUM ROLL!

Last Thursday night I purchased Neutrogena Hand Cream at my local drug store. I used it that night, each night since as well as during the day, with a cotton glove and one of my husband's white terrycloth socks over that to keep in the warmth. We noticed an improvement in one day and by Saturday the cracks had started to heal. Today is just one week. I can touch double knits without my skin snagging them -- the dark discoloration which was imbedded in every crack is disappearing as new, soft skin takes its place; my hand doesn't hurt any more; my husband and kids will hold it without saying yuk and gross, respectively and I'm not ashamed to have anyone see it.

I've always had dry, sensitive skin on my hands especially during the winter months and I have tried just about every product on the market with limited success. (But I can heartily recommend your product and will because it does exactly as it advertises.)

Sincerely,

Billie Williams



Originally developed for Arctic fishermen, Neutrogena Hand Cream is a heavy-duty formula which literally shields your hands, helps them heal. Medical tests show it helped clear up acute skin conditions within 14 days. **Your satisfaction guaranteed, or money back. $3.**

NEUTROGENA® HAND CREAM

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Apple lighter, 3"x3½", $320. Apple ash tray, 5⅜"x5", $225. Apple ash tray, 2¾"x3", $80. All in sterling silver. All characteristically Buccellati.

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DEAR HOUSE & GARDEN...

Answers to your questions. Here we share some interesting letters from our readers

Anti-tarnish tip

In the June, 1977 issue you mentioned making tarnish-retarding bags for silver jewelry. I'd love to make some bags and line my silver drawers. Where can I buy the material?

—E.A.C., Fort Lauderdale, Fla.

A mail-order source for silver-tarnish-retarding Pacific Silvercloth material is The Joan Cook Co., 3200 S.E. 14th Ave., Fort Lauderdale, Fla. 33316. The material is 31 inches wide. One yard is $10.45 ppd., two separate yards are $19 ppd. Free catalogue.

Instructions for lining and making slotted bridges for silver drawers, flatware rolls, and holloware pouches are available for 25¢ ppd. Write "Pacific Silvercloth," Wamsutta Specialty Products Group, 1430 Broadway, New York, N.Y. 10018.

BUCCELLATI
Geranium leaves, 3"x3", $60., 6"x6½", $210., 7¼"x7¾", $290., 8¾"x9", $400. The Buccellati look in sterling silver.

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200 POST STREET, SAN FRANCISCO, 421-2600
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Ski keeper

Do you know of any luggage that is made for carrying skis?

—P.W.L., New York, N.Y.

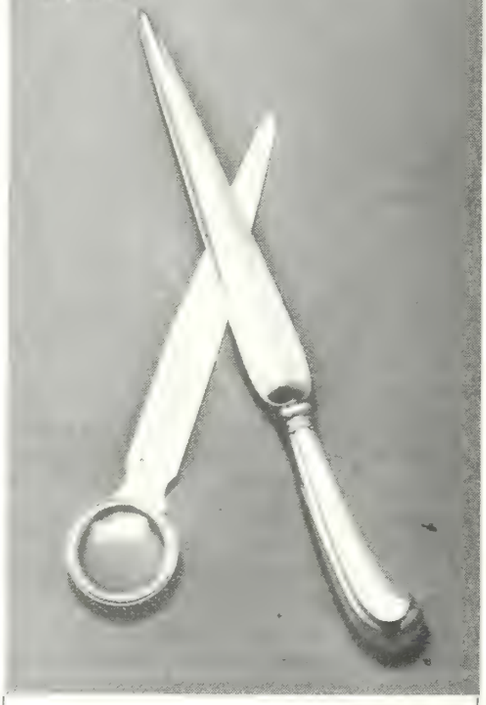
The "Ski Tote" wrap-around carrier of ethylene/propylene padded ABS plastic keeps skis and poles in one neat portable package, helps preserve your waxing and edge-filing job on the way to the slopes. About 11 inches high, 4 wide, in red, yellow, or blue, with combination cable lock. It's by Covell Ski Industries and about $20 at all Herman's World of Sporting Goods stores.

Water saving

Where can I find information on water-saving plumbing fixtures?

—H.P.S., San Francisco, Calif.

A set of three pamphlets—a list of water-saving fixtures, a water-saving handbook, and booklet "Keeping the Garden Green (Especially in Time of Drought, Without Wasting Water)"—is available for $1.25 ppd. from the Public Affairs Office, Washington Suburban Sanitary Commission, 4017 Hamilton St., Hyattsville, Md. 20781. Make check payable to "W.S.S.C.—Water Savings." Since plumbing codes differ, some fixtures may not be available in your area. Check your local plumber, who can contact the manufacturers listed for substitutes, if need be.

BUCCELLATI
Letter opener with magnifying glass, $98. 7⅝". Letter opener with St. Mark pistolhandle, $130. 10½". Both in sterling silver.

Pardinis OF STOCKTON
3220 PACIFIC AVENUE
STOCKTON, CA. 95204

Choosing charities

Where can I get information to help m decide whether or not a particular cha ity is really worthwhile?

—N.M., Briarcliff Manor, N.Y

The Philanthropic Advisory Service of th Council of Better Business Bureaus keep files on about 9,000 charities and pub lishes a "Give But Give Wisely" guide t the 400 most active ones, dividing then into those that meet CBBB standards an those that do not. Send $1 plus self addressed stamped business envelope t the Philanthropic Advisory Service Council of Better Business Bureaus, Inc. 1150 17th St., N.W., Washington, D.C 20036.

A not-for-profit research organization the National Information Bureau (419 Park Ave. South, New York, N.Y 10016) rates and rerates national chari ties. A year's subscription to the Bureau's monthly "Wise Giving Guide" on some 400 charities is $20. One issue and in depth reports on up to three charities are free of charge.

Decorating with sheets

Can you tell me if there is any way to "paper" walls with sheets?

—M.M., Kansas City, Kans.

If your walls are 8 feet high, king- or queen-size flat sheets will be long enough

cover them and allow room for the top and bottom rods after you've tacked them to the wall. (Twin- or full-size sheets are sufficient for 7-foot walls.) If you wish, give sheets a good coating of Scotchgard fabric protector (3M (available at notions counters) before you start. Then follow the instructions for one of the four methods for applying fabric to walls in the *Calico Corners Guide to Quilted Wall Decorating* by Jan Jessup, available for $1.75 ppd. from Calico Corners Inc., Bancroft Mills, P.O. Box 670, Wilmington, Del. 19899. Take care not to stretch or distort fabric as you hang it.

Frame up

Where can I find a how-to book and tools for picture framing? I'd like to do as professional a job as possible on some of my husband's paintings.

—N.L.G., Fort Worth, Tex.

Order a free [illegible] catalog from The Brookstone Company, 526 Vose Farm Rd., Peterborough, N.H. 03458. The "Framing Shop" section has over a dozen tools, including a starter kit with book.

China clean-up

I read with interest your "Short Course on China" article in the June, 1977 issue. My bone china cups have stained so badly that I am ashamed to use them. I've tried using vinegar-and-salt and various mild abrasives with no satisfactory results. What is the answer?

—L.F., Chicago, Ill.

We referred your problem to one bone china manufacturer, who suggested you clean your cups with a hot water and denture cleanser solution. Follow proportions and instructions on package, rinse thoroughly. It's said to be great for cleaning stained crystal and flower vases too.

Under cover

Where can I find patterns for patchwork quilts?

—L.M.R., New York, N.Y.

Several hundred patterns are illustrated in *The Complete Patchwork Primer* by Ruth Gordon (paperback, $4.95 plus 45¢ shipping from Penguin Books, 299 Murray Hill Pkwy., East Rutherford, N.J. 07073). For color inspiration, see the photographs of historic quilts in *The Splendid Art of American Quilts* by Robert Bishop (paperback, $9.95 plus 45¢ shipping from E.P. Dutton & Company, 201 Park Ave. South, New York, N.Y. 10003).

Silk screen

Back in your January, 1977 "Living" section, you suggested screening an ugly



Brown's

lighter in weight and softer than sheer which sells only to the high-interest designers or department store decorating services. Its pongee is 45 inches wide and comes in two shades of beige—lighter "Moonlight" and darker "Natural."

Potpourri how-to

My potpourri has lost its fragrance—how can I refresh it? I'd also love to make some for presents. Where can I find recipes and ingredients?

—C.W., Berkeley Heights, N.J.

[illegible] Caswell-Massey [illegible] viver—"Potpourri Oil" ($5 for 2 ounce). For recipes, see Ann Tucker's *Potpourri, Incense and Other Fragrant Concoctions* ($2.45). Caswell-Massey stocks over seventy-five different potpourri ingredients—even frankincense and myrrh! Write to Caswell-Massey, Dept. H, 320 West 13th Street, New York, N.Y. 10014. Add 10 percent for U.S. surface mail and 20 percent for U.S. airmail—75¢ minimum. Please allow 3 weeks for delivery. The Caswell-Massey catalogue is $1 ppd.



GUMP'S

[illegible] Post Street, San Francisco, CA 94108



PHAIR'S

[illegible] AVENIDA DE ORINDA
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Goebel

"Yes, Virginia, there is a Santa Claus."

Francis Church





And his spirit lives! In this charming, handcrafted "M. I. Hummel" figurine, "A Letter to Santa Claus." For four decades the "world's best loved children" created by Goebel have been the most widely collected figurines in the world. So there's no more appreciated gift to delight someone with this Christmas! Authentic "M. I. Hummel" figurines and plates are available at fine gift, jewelry and department stores. For a copy of the "M. I. Hummel Collectors' Guide," send 50¢ to Dept. HG 11 at either address below.

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E WOOL—
ASS BY ITSELF

em Antique Royal Heriz Design, all-worsted wool re-creation of the 125-year-old original that commanded a record-breaking price of $200,000 at an ernationally famous auction-gallery. Available with backgrounds of Regal Red, Moonlight Blue, Old Ivory or Bittersweet. In the 8'3" x12' size Couristan's ggested retail is only $895. Other sizes 4'8" x7'1", 6'7" x10'4" and 9'10" x14'4" priced proportionately. Prices slightly higher in the West.

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Classic designs shaped in choice materials through skilled handcraftsmanship, a reflection of thoughtful holiday giving.

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A North American Philips Company



HAPPY HOLIDAYS '70s STYLE

. . . with gifts that add to the pleasure of life at home. House Gifts do it for nearly everyone, especially when selected from the Somerset collection of fine and famous spirits. Happy choices all, they're joys to give as well as receive.

START THEM OFF

with a bottle . . . or a case

They've settled on silver and china patterns, agreed on an eclectic mix of antiques and modules, arranged a share-the-chores program. They're the young marrieds, getting it all together and, in the process, having a wonderful time. Any occasion is a good excuse to open their new home to friends and relatives; limited supplies never dampen their hospitality, but they'd certainly love the windfall of something special for treating themselves and their guests.

The something special might be Tanqueray Gin for zesty Orange Blossoms, Aalborg Akvavit for the sensational Danish version of Bloody Marys, or Johnnie Walker Red Label Scotch, basis for innumerable mixed drinks and superstar of the Red-on-the-Rocks (2 or 3 ounces poured over ice in an Old Fashioned glass; splash of water and/or a twist of lemon added, according to taste). Hine Cognac, the gentle cognac, is another special treat—and just in time to have handy for blazing the traditional steamed pudding. The can't-be-beat starter supply gift: a mixed case—providing choice reserves for a continuing round of entertaining.

TANQUERAY ORANGE BLOSSOM

For each serving:

1 1/2 ounces Tanqueray Gin
1 ounce orange juice
1 teaspoon sugar
Dash Angostura bitters

Combine ingredients in a cocktail shaker with cracked ice, shake vigorously. Strain into cocktail glass.

DANISH MARY

For each serving:

1 ounce Aalborg Akvavit
Tomato juice to taste

Stir with ice until cold, pour into 6 ounce glass; garnish with a stalk of celery.

• Cover: silver candelabra, The Gorham Co., Division of Textron; candles, Bluegate Candle Co.; table and rug, W & J Sloane; gift wrap, East House; tree and decorations, American Tree & Wreath • Below: cut crystal, The Gorham Co., Division of Textron; napkins, Leacock Co.; candles, Bluegate Candle Co.; tree and decorations, American Tree & Wreath; tables, chairs, sofa, rug, pillows, baskets, W & J Sloane • Opposite, left: silver, The Gorham Co., Division of Textron; marble scale, copper pots, W & J Sloane; • Opposite, right: New Guinea masks and wall fabric, Karl Mann Associates (available at W & J Sloane); white console, black lacquer table, burl ice bucket, contemporary Windsor chair, W & J Sloane; silver and crystal, The Gorham Co., Division of Textron; tree and decorations, American Tree & Wreath; flowers, Ronaldo Maia Flowers; cheese server, The Pottery Barn; napkins, Leacock Co.





A MEASURE OF CHEER

for the gourmet cook

She has that great knack—partly born-with, partly acquired—for making any dish a standout. Collects cookbooks, talks fresh foods, loves every minute at stove, chopping block, food processor. For her, the most cheering gift is sure to be one that will enhance her culinary masterpieces. And *that's* Mandarine Napoléon. The spectacular tangerine liqueur blended with fine cognac zips up sauces and dressings, transforms simple desserts into party fare, adds exciting new flavor to the fun of flambéing—as in

MANDARINE FLAMED SPARERIBS

4 to 5 pounds spareribs
Salt, coarsely ground pepper, garlic powder
1 teaspoon sugar
1/4 cup Mandarine Napoléon

Generously sprinkle one side of spareribs with salt, pepper and garlic powder. Place in foil-lined shallow baking pan. Roast in preheated 350°F. oven 45 minutes. Drain fat in pan, turn and sprinkle second side with seasonings. Roast 45 to 60 minutes more, until well browned and tender. Place on heatproof platter, sprinkle with sugar. Pour Mandarine Napoléon over, and ignite. When flames die out, carve between bones and serve. 4 to 6 servings.

House Gift Basics

FOR THE BACHELOR'S BAR

He's his own cook, cleaning man, gentleman's gentleman—and expert tender of his own bar, famous in his crowd for his lavish hospitality (he believes his guests deserve the best). He keeps everything pure and simple—like 1 1/2 ounces of 12-year-old Johnnie Walker Black Label poured over the rocks, maybe with a little soda. Another speciality: the Tanqueray Black Pearl. He'll welcome the makings of these standbys—and, for variety, a gift decanter of Old Fitzgerald Prime and/or a bottle of Pommery & Greno Champagne.

TANQUERAY BLACK PEARL

For each serving:

Pour Tanqueray Gin over ice in an on-the-rocks glass. Add a black olive.



For Your Own House:

THE GIFT OF BEING HOLIDAY-READY

Social parties and business parties. Relatives visiting from afar. Friends dropping in with personal season's greetings. With variations, it will all be happening to most of us—*very soon.*

Exciting, yes. Easy, not always. But the holidays *can* be almost as relaxing as they are joyous. All it really takes is preparedness. Now, before the influx, is the time to bring serving bowls, pitchers, trays, platters, vases down from high shelves, put them within easy reach for serving punches, hot and cold drinks, sandwiches, cookies and confections.

What about glassware? Do you have enough wine and cocktail glasses, tall-drink glasses, old-fashioneds, cordials? You might want to add a few to have ready for your larger gatherings. But, for an



open house or very large party, remember that today's plastic and paper disposables are not only great work-savers, they're attractive too. Be ready with a large stock of them plus colorful candles, hors d'oeuvre picks, paper napkins and guest towels.

If you've ever wondered how some people manage to whip up a company meal or snack or cocktail party at a moment's notice, a look their liquor cabinets, kitche cupboards and freezers cou explain all. Canned hams (glaze with Mandarine Napo léon), canned patés an smoked oysters, tins of im ported sweet and savor biscuits, self-seal containers mixed nuts, plus dried fruit and mushrooms are among the many entertaining-in surance staples kept on hand by experienced hostesses and hosts. And a ready-for-any occasion home bar is one stocked with 12-year-old Johnnie Walker Black Label Scotch (for extra special friends), Johnnie Walker Red, the



■ GOOD LOOKS & GOOD HEALTH

...t's favorite Scotch, ...w Old Fitzgerald Prime ...nciers of fine bourbon ...d anqueray Gin, the singu... ...xperience in gin. For ...e alized tastes, include ...m specials such as robust ...borg Akvavit the unique ...n from Denmark, Pimm's (as delightful in winter as ...n summer), and Hine, the gentle cognac for unhurried after-dinner sipping. And a full assortment of Alexis Lichine or Sos Martini wines will assure a beautiful accent for any holiday mea...

As part of your preparedness program, have some great new recipes on tap to augment your own old favorites. The easy way to acquire a terrific, tested collection for everything from appetizers to desserts is to write ... Beverage Division, ... ters Ltd., 100 Park Avenue, New York, N.Y. 1001...

With this kind of advance ... ...



Great at the end of a holiday evening, quick to prepare, hearty festive JOHNNIE WALKER BLAZING BEAN SOUP

1 large onion, chopped
1 garlic clove, minced
1 tablespoon oil
1 can (16 ounces) beans in tomato sauce
3 cups beef broth or bouillon
1/4 teaspoon basil
Salt and pepper, to taste
1/4 cup Johnnie Walker Red, warmed

Sauté onion and garlic in oil until golden. Add beans, broth and seasonings. Simmer 15 minutes. Whirl in blender or push through sieve. Reheat and pour into warmed tureen or serving bowl. Ignite Johnnie Walker Red in a large ladle and pour over into soup. When flames go out, stir and serve. 6 servings

ALBERT BAN SHMEATBALLS

1 pound ground lamb
1/2 pound bulk sausage
2 eggs
1 [illegible] onion
2/3 cup milk
1 cup dry bread crumbs
1 large onion, grated
2 teaspoons salt
1/2 teaspoon each pepper and nutmeg

Combine all ingredients in a large bowl and mix until well blended. Shape mixture into 1-inch balls. Roll each ball in additional bread crumbs. Place side by side in a single layer in a baking pan. Bake at 350°F. for 40 to 45 minutes or until brown and crusty. To serve as hors d'oeuvres, spear meatballs on toothpicks. For an entree, cover meatballs with your favorite mushroom cream gravy and heat until bubbly. Keep warm in chafing dish. Serves 8

MARGARINE [illegible]

1 [illegible]
1/4 cup butter
1 [illegible]
1 [illegible]
1 tablespoon chopped parsley
1 [illegible]
Salt and pepper, to taste
3 tablespoons Margarine

Slit shrimp down the back about halfway through; heat butter and sauté shrimp until just pink, 3 to 4 minutes. Add [illegible], marjoram, salt and pepper. Cook, stirring, 1 minute more. Add Margarine and garlic. 4 to 6 appetizer servings, 2 to 3 main dish servings

[illegible] punch bowl, The Gorham Co., [illegible]



Give The Makings of the Party

TO YOUR FAVORITE PARTY PEOPLE

If they make an everyday meal as much fun as a picnic . . . if it's always Open House at their house . . . if you'd rather spend the holidays there than almost anywhere you can think of . . . they're Party People.

You can help keep the party going with a gift, in two parts, that pays a fitting tribute to their hospitality. One part, a wicker hamper packed to the brim with entertaining aids: paper napkins, assorted cheeses, crackers, spreads, mixes, tinned sardines, truffles, olives. The second part—and the best aid of all—a case of their favorite Somerset spirits, or a judicial mix.

And, for their holiday entertaining, give them this easy-does-it recipe for a spread named for a beautiful area of the country that produced beautiful Johnnie Walker Red.

JOHNNIE WALKER'S AYRSHIRE CHEDDAR SPREAD

1/2 pound Cheddar cheese (or other medium-sharp, firm cheese)
3 ounces cream cheese, softened
3 tablespoons Johnnie Walker Red Label Scotch
1/8 teaspoon salt
1/8 teaspoon pepper
2 teaspoons chopped chives

Grate cheese and mix with other ingredients until well combined. Refrigerate several hours to mellow. Serve with tray of assorted crackers, crisp breads and dark breads, as a cocktail accompaniment. About 1 1/2 cups. Note: mixture spreads more easily at room temperature.

• Below: ping pong table and paddles, Abercrombie & Fitch; all silver and crystal, The Gorham Co., Division of Textron; napkin and napkin rings, Leacock Co.; tree, American Tree & Wreath; shiny ball decorations, Liberty Bell Co.; stereo, U.S. Pioneer Electronics; gift wrap, East House; poinsettias, Paul Eckhardt Poinsettia Farm; Z-line etagere, console table, lacquer coffee table, pillows, Guatemalan wall hanging, floor lamp, yellow carpet, sofas, W & J Sloane • Opposite, left: silver and cut crystal, The Gorham Co., Division of Textron; flowers, Ronaldo Maia Flowers; antique English screen, W & J Sloane; napkins, Leacock Co. • Opposite, right: brass tub, W & J Sloane; white poinsettias, Paul Eckhardt Poinsettia Farm





A tribute to THE SINGLES SET

Members of the growing group of ppy-to-live-alone women enjoy their in- pendence with flair. They live in style, tertain with pizazz. They know how to ake furniture and dishes serve dual, en triple, duty; don't hesitate to serve cktails in all-purpose wine glasses or ce versa. But they don't substitute any- ing for top quality. Nothing but the best food and drink for their guests! And at's your gift clue for *your* special ngle. Johnnie Walker Black Label (how out a six-pack?), or Tanqueray for the " Time tall drinks that are favorite year- round party refreshers.

T" TIME

or each serving: *2-3 ounces Tanqueray Gin*
Wedge of lime or lemon
Tonic

Pour Tanqueray over ice cubes in a highball glass or goblet. Fill glass with tonic. Add wedge of lime or lemon.

Remember Them With Wrap-ups From Somerset

THEY'LL NEVER FORGET YOU!



Somerset makes it so easy to be thoughtful . . . with a festive array of ready-wrapped gift packages available at your favorite spirits stores. All you need add is your own gift card to express your personal season's greetings to the wide variety of people who play important roles in your life. For instance, the neighbor who waters your plants when you're vacationing. A gift bottle of Hine Cognac for her. Smooth Johnnie Walker Red for the mechanical genius who keeps your car humming. The apartment super whose extras make your life a little easier would surely like the extra attention of John Begg in its handsome gift carton. Tanqueray Gin presented to the postman will show him very clearly that you really appreciate the careful handling of that holiday load of mail he's delivering. Consider Mandarine Napoléon for your helpful librarian, a quart of Aalborg Akvavit for your accountant, Pimm's for your lawyer, a Poh wine for your child's piano teacher, Old Fitzgerald for a respected chess opponent.

They'll be perfect expressions of your regard—and what a welcome they will get!

And, just in case . . . be sure to have a few assorted extras ready for those last-minute gift emergencies that happen to everyone now and then.

AND—DON'T FORGET BUSINESS FRIENDS!

Wrap up holiday giving to the people you work with, lunch with, share projects with by giving a Somerset wrap-up. It's the sure-fire way to say how much you like knowing them.

NAME	GIFT



Hatrack, W & J Sloane; gift wrap, East House; poinsettias, Paul Eckhardt Poinsettia Farm; tree and decorations, American Tree & Wreath

HOUSE GIFTS

That Ring The Bell

Everybody likes to answer the bell, open the door to a gift delivery of quality spirits, whether sent or brought in person. That's why it makes such beautiful sense to match one or more of the Somerset products to the tastes and entertaining customs of every one of your friends and acquaintances. When you carefully consider the preferences of each, and select accordingly, your Somerset House Gift becomes a very *personal* gift.

Look at the bottles shown above. Review the descriptions throughout this portfolio of the Somerset name brands. You'll get ideas for the ideal choices to take care of all your gift-giving.

When you've finished, turn back to the preceding page . . . fill out your shopping list . . . and head for your favorite package store. You'll find that this kind of Christmas giving is a rare mix of ease for you and genuine pleasure for all the fortunates on the receiving end.

And, remember to make full and exciting use of your own stock of Somerset spirits and wines—by using them in the preparation of marvelous foods as well as serving them in beverages. You'll be sent a selection of both food and drink recipes if you just send your request to: Recipes, Somerset Importers, Ltd., 100 Park Avenue, New York, NY 10017.

PREPARED BY HOUSE & GARDEN FOR SOMERSET IMPORTERS, LTD.
PHOTOGRAPHY BY BILL MARGERIN
DESIGN CONSULTANT: SHEELAGH ENNIS RABO
© 1977 BY SOMERSET IMPORTERS, LTD.

Johnnie Walker Black Label 12 Year Old Blended Scotch Whisky 86.8 Proof.
Johnnie Walker Red Label 86.8 Proof 100% Blended Scotch Whiskies • Tanqueray 94.6 Proof 100% Grain Neutral Spirits • Mandarine Napoleon Liqueur 80 Proof • Aalborg Akvavit 86 Proof
Hine Cognac 80 Proof. Imported By Somerset Importers, Ltd., New York, N.Y.
John Begg Scotch 80 and 86 Proof, Imported By And Bottled In U.S. For James M. McCunn & Co., New York, N.Y.
Pimm's 67 Proof, Imported By And Bottled In U.S. For Somerset Importers, Ltd., New York, N.Y.
Kentucky Straight Bourbon Whiskies 107, 100, 90, 86 and 80 Proof. Old Fitzgerald Distillery, Louisville, Ky.
Pommery & Greno Champagne • Alexis Lichine Wines. Imported By Somerset Wine Co., New York, N.Y.
San Martin Wines, San Martin Vineyards Co., San Martin, Calif.



TAKING THE BORE OUT OF CHORES

EXERCISING AROUND THE HOUSE

12 WAYS TO SHAPE UP DOING HOUSEWORK

BY PAMELA MARKHAM

) BARBERIS

ke a tour of your domes- gym. The kitchen coun-, you'll notice, is ut the height of a dancer's re. A can of tomatoes is as avy as a 2-pound barbell. To an the top of the bookshelves u must stretch. And to put gro- ries away in the refrigerator u bend your knees. Are you ginning to get the message? ew York fitness expert Barbara arlman used her imagination devise a series of house exer- ses based on the most simple, ysical movements in ordinary, ily chores. They're quick and sy to do. As a dancer, she esn't believe in drastic physical nishment. She thinks of her dy as a musical instrument and efers regular stretching for ton- g. "If you had a piano, you ouldn't expect it to stay in tune you didn't play it for months."

MAKING THE BED

tand with feet apart and paral- l. Hold pillow behind body, rms straight. Round back and wer your head as you simulta- eously lift arms as high as you an. Then straighten to original osition. Remember to exhale as ou release forward and inhale s you lift. Repeat 12 times.

Good for breasts, upper arms, back

CLEANING THE TUB

1. Begin on balls of your feet, in squat position. Rest hands on tub rim. Remaining squat, gently bounce up and down 10 times.

Good for buttocks, front of thighs

2. Kneel facing bath with your knees about 12 inches apart, hands resting on rim of tub. Pull in buttock muscles, release hands from tub and slowly lean back without arching. Hold for two slow counts, then return to original position. Repeat 5 times.

MOPPING

Stand with feet wide apart and turned out, hands supporting broom or dust mop in front of chest, elbows bent. Keeping feet flat, swivel from the waist as far to the right as possible, then to the left. Try to look over your shoulder each time you turn. Repeat 12 times.

Good for waist, breasts, shoulders

AT THE SINK

1. Stand with feet parallel and apart, hands resting apart on countertop. Release back until it is parallel with the floor and as flat as possible. In this position, with elbows bent, bounce the torso up and down gently. Repeat 12 times.

Good for back, buttocks, back of legs

2. Stand with hands resting on countertop, feet together and turned out. Swing the right leg sideways as high as possible while keeping the left totally straight. The body should remain stationary. Repeat 8 times on each side.

Good for inner thighs

3. Stand with feet wide apart and turned out, hands resting on countertop. Lunge as far to the right as you can, bending the right knee and keeping the left leg perfectly straight. Try to bend as low as possible and keep the shoulders in line with your hips. Return to center and repeat to the left side. Repeat 12 times (can also be done while ironing).

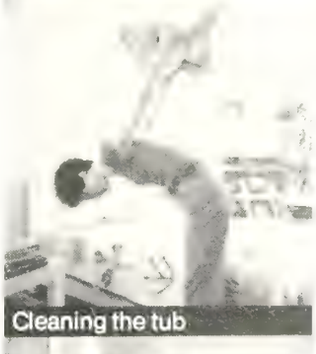
Good for legs

IRONING

1. Stand with feet wide apart and turned out, hands resting on top of ironing board. Lean and stretch upper body to the right as your left arm simultaneously arches overhead, palm facing *upward*. Return to center and repeat to the left. Repeat 12 times.

Good for waist, arms

Making the bed



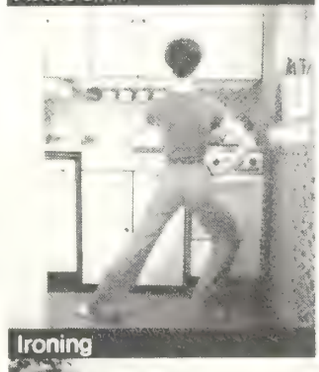
Cleaning the tub



Mopping



At the sink



Ironing



2. Place hands on ironing board. Turn left foot out and point right foot behind. Pull in buttock muscles tightly as you lift the right leg as high as possible without leaning the torso forward. Keep leg straight. Repeat 8 times on each leg.

Good for buttocks, hips, legs

PUTTING GROCERIES AWAY

1. Stand with feet wide apart and turned out. Hold a can of equal weight or a large beverage bottle of equal weight in each of your outstretched arms. Keeping the arms straight, form circles in a backward direction 10 times. Repeat in a forward direction.

Good for breasts, arms

2. Stand with feet wide apart and turned out. Hold a can or large beverage bottle of equal weight in each hand. Extend arms in front of chest. Open arms as far to the sides as possible without bending the elbows, then return arms in front of the chest. Repeat 10 times.

Good for arms, breasts

VACUUMING

Stand with feet wide apart and turned out. Hold vacuum handle in one hand, place other hand on hip. Bend knees deeply while pushing vacuum forward. Then straighten knees, pulling vacuum toward you. Try to keep buttocks tucked under. Repeat 8 times.

Strengthens knees, firms thighs

DUSTING

Choose a sturdy piece of furniture. Stand with heels touching, facing furniture, right hand resting on furniture. Extend left arm to the side to shoulder level, dustcloth dangling. Lift left leg upward trying to touch toes to cloth, lower slowly. Repeat 6 times on each leg.

Good for hips, inner thighs

New in the stores, page 54

Aqualia challenged the problem of drying skin. And won!



Without AQUALIA
a moisture loss of up to 56%.*
Far more than your skin can afford.

With AQUALIA
moisture loss is reduced
to less than 5%.*
Dryness is effectively prevented.

*From laboratory tests, simulating moisture loss from the skin, conducted under 70° F and 50% relative humidity using a gelatin/petri-dish system.

© 1977 Cosmair, Inc.

Now Aqualia challenges your moisturizer to a very fair 14-day comparison.

If you want soft, smooth, young-looking skin, you really can't afford not to take us up on this offer.

As you know, the more moist your skin—the softer, the smoother, the younger it looks. So nothing is more vital than maintaining your skin's own natural moisture. And that's what L'Oréal's unique Aqualia® is all about.

We're so sure you'll find Aqualia retains more moisture than the moisturizer you're using now, we'll send you a 2-weeks' supply—so you can make the comparison yourself.

We're so sure—because of the results of laboratory tests*. They've shown that with no protection, as much as 56% of natural moisture is lost during 24 hours. But Aqualia's patented formula reduces moisture loss to a minimum—less than 5%. That means 95% of the natural moisture is effectively maintained.

Another remarkable fact: Aqualia is designed to let your skin *breathe*.

There is never a problem with clogging pores. Yet, it's so concentrated, all you apply is a precious tiny drop.

So see for yourself. Feel for yourself. If you want soft, smooth, young-looking skin, you really can't afford not to take us up on this very fair offer.

L'ORÉAL® Skin Logic®



Free Offer!

(With 25¢ for postage and handling.)
Simply fill in this coupon, enclose 25¢ to cover postage and handling, and we'll send you a 2-weeks' supply of Aqualia, free. Mail to: L'Oréal/ Aqualia, P.O. Box #9806, St. Paul, Minnesota 55198.

_____
(The moisturizer I am currently using)

Name _____

Address _____ City _____ State _____ Zip _____
(must be included)

Aqualia—The Natural Moisture Maintainer discovered by L'Oréal

Offer expires April 30, 1978. Limit one per household. Sorry, we cannot honor multiple requests from individuals, clubs or organizations, or requests submitted without this order form. Good only in U.S.A. Not redeemable in stores; dealers not eligible. Offer void if certificate is reproduced, or where prohibited, taxed or restricted by law. 6A-2

continued from page 51

Beauty and health products new this month in the stores

Besides all the kind things you're doing for others this holiday season, do something for yourself that leaves you looking wonderful and feeling your very best. There's a lot of help for you to choose from this month, too! Start with your clean skin. Two new helpers, both rinse-off clean: **Clean Finish Face Wash** is a bubbling, cream-on lotion that's also a mild surfactant. Which means that it will remove dirt and oils but won't remove precious moisture. $6.50 a 6-ounce tube, by *Estée Lauder*. The second is a water-reacting cream cleanser that also protects the delicate surface of skin that tends to have more oil than it needs. **Savon Crème Fraîcheur** is fine for normal skin, too, and teamed with **Fraîcheur Tonique,** a refreshing, refining astringent, your skin should look party-fresh for hours. Cream, 4 ounces, $7; Tonique in three sizes from just-over 4½ ounces for $5.50 to a lavish 17 ounces for $13.50. Both by *Lancôme* at department stores everywhere.

If you think there isn't time to have a "serious" hair conditioning treatment, take note: *Gil Ferrer's* **Extra Body Nutrifiers** take only 10 minutes, concentrate every second. Fine, delicate hair needs the conditioner fragranced with orange blossoms; thicker, unrulier hair needs coconut-scented conditioner. Both improve luster, texture, and manageability. And remember always to comb conditioner through wet hair with a wide-toothed comb. Nutrifiers in 8-ounce jars, $11.50 ppd. Write Gil Ferrer Salon, 11 East 74th St., New York, N.Y. 100

Another time-saver to have when you don't have time to fuss with makeup: **Active Day Protecting Moisture Cream** leaves your skin with a soft, gentle, attractive-looking finish—as if you were wearing a sheer powder, but you're not! It has a sunscreen and helps your skin maintain its moisture-mantle. 2-ounce tube, $8.50 by *Elizabeth Arden.*

You've probably already noticed that gold is the new neutral everybody's wearing—from belts and barrettes to bags and bangles. Gold works for an understated daytime look, too. *Maybelline* has put subtle touches of it into **Brush/Blush** in Soft Honey Amber powder, $1.9 and a gleaming gold into **Gingersti Fresh Color 3 Lipstick,** $1.65.

Le De Givenchy and **L'Interdit** perfume devotees will be pleased to know that the two famous fragrances will be available in generous 2-ounce cologne this fall for only $10.50. They're by *Givenchy.*

"Wild Plum," "Woodsmoke Grey," "Fawn," and "Meadow Green" are the four new colors for holiday eyes from **Revenescence** by *Charles of the Rit* "Fawn" works as a highlighter anywhere you'd like a hint of silver softened with beige. ■

PAULA RICE JACKSO

Astrological guide to your fragrance

The sign: **Scorpio**
(circa October 23-November 21)
The element: **Water**



Scorpio characteristics are the most complex of the zodiac. Intense, self-contained, and incisive, Scorpios aim for power. Purposeful and endowed with boundless energy, Scorpios finish what they start. As with other Water signs Cancer and Pisces, the creative impulse is strong, the motive force is emotion. Most Scorpios possess long memories and an uncompromising "all or nothing" philosophy of life. The key phrase is "I desire." Should they desire to heighten intrinsic Scorpio sensuousness with fragrance, **Norell** by *Norell* blends dark floral tones with great sophistication. Another turn-on for Scorpio is **Vol de Nuit** by *Guerlain.* The intense Scorpio male can express interesting depths with *Royal Copenhagen's* **Musk for Men**

MARIA REACH

"Let us make this moment in time that we share—a thing of beauty. Let us fill our finest cups with wine and celebrate our love of life."





You can afford to celebrate everything with Cristal d'Arques. The Cristal d'Arques Collection. Fine French crystal. Affordably priced.

cristal d'Arques
by J.G. Durand

Genuine lead crystal (24%) with the clarity and weight that marks true quality. Shown: Pompadour, $5 a stem. Other patterns from $4 to $7 a stem. In all better gift and department stores. Imported by J.G. Durand International, Dept. L, Millville, N.J. 08332. Catalogue on request.





Ethan Allen's Treasury gives me great ideas free, and I don't have to buy anything. I just picked this at the Gallery on my first visit.

"I'M INDECISIVE,

SO I LIKE TO FEEL I'M GOING TO GET ALL THE DECORATING HELP I NEED, WITHOUT FEELING PRESSURED."

Meet Ann Haggerty. Third in a series of stories about the kind of people who furnish their house, their way, at Ethan Allen.

"I have a lot of trouble making up my mind before I buy something. Especially for the house. I have to think about it, ask questions, feel I've seen everything before I can decide. The best decision I ever made was to walk into an Ethan Allen Gallery.

If I hadn't seen one of their bedrooms done in this unusual 18th century stencil, I would never have had the courage to do what I did with our bedroom. Ethan Allen's room setting decided me. At first, I was afraid shopping at Ethan Allen would be too expensive, but I got everything I wanted for a lot less than I'd expected to pay. Which made me feel even better about my decision. I even had two quilts made up in the same fabric – one for John and me and one for Sam, our kitten. When I decide, I go all the way!

I feel so great about our bedroom, now I'm planning to re-do the dining room. That's how confident Ethan Allen makes me feel."



Ethan Allen's interior designer suggested this gingham lamp for the nightstable. Perfect!





This fabric is a reproduction of an authentic 18th century stencil. The minute I saw it in one of their bedrooms I decided. Ethan Allen's interior designer helped me work it all out.



Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE, YOUR WAY

LOOK US UP IN YOUR YELLOW PAGES

THE DURABLE DIESEL

Special report on the economical engine that's environmentally conscious and saves you money on repairs



BY RICHARD AND JEAN TAYLOR

It's easy to see why there's suddenly so much interest in diesel engines. They offer all the things we're looking for in cars today. If everyone drove diesels, we'd save at least 25 percent of our petroleum resources. Exhaust pollutants in the air would be reduced almost to zero. Exorbitant maintenance and service bills would be cut in half, and instead of having to scrap our cars after 100,000 miles, we'd get at least 200,000 miles from the durable diesel.

There are already six diesel cars you can buy now by Volkswagen, Peugeot, Oldsmobile, and Mercedes. Other manufacturers plan to introduce diesel cars within the next few years. Cadillac has promised a diesel Seville sometime in 1978, Buick and Pontiac will offer diesels in 1979, and Ford will soon have a compact European Granada powered by a Peugeot diesel. Volvo, Renault, Fiat, and Alfa-Romeo all have diesels ready for production. The six available today range from the $4,000 Volkswagen Rabbit to the $16,000 Mercedes 300D with enough stops at price levels in between to fit anybody's pocketbook. They cost a little more than gasoline-powered cars because the engines must be more heavily built. But you'll more than make your money back over the years through better mileage, cheaper fuel, longer engine life, and fewer repairs. These models are mostly all-new diesel designs that take advantage of the latest technology. No longer do diesels have to smell like a city bus, or sound like a delivery truck. In particular, the new Volkswagen and Oldsmobile diesels are marvelously refined. You'd never know there was anything unusual about them unless somebody told you—a far cry indeed from the first engines by Dr. Rudolph Diesel in 1898. They get good mileage (VW's Rabbit delivering over 50 mpg but they promise a new model delivering 62 mpg), and at under 60 cents a gallon (on the average), diesel fuel is cheaper than gasoline. Since diesel engines produce more efficient combustion, too, the actual saving of energy can be over 25 percent, a vital contribution to energy conservation. Another point about them is that they are also significantly more robust than equivalent gasoline engines. (After extensive laboratory tests, Volkswagen claims its Rabbit will run twice as long as the conventional gasoline engine before it needs to be rebuilt.) You save on periodic service, too. There are no parts in a diesel engine that must be regularly maintained or replaced, so checkups consist of nothing more than changing the oil.

Diesels are not only popular with the Energy Department, but with the Environmental Protection Agency as well. There are three exhaust pollutants that

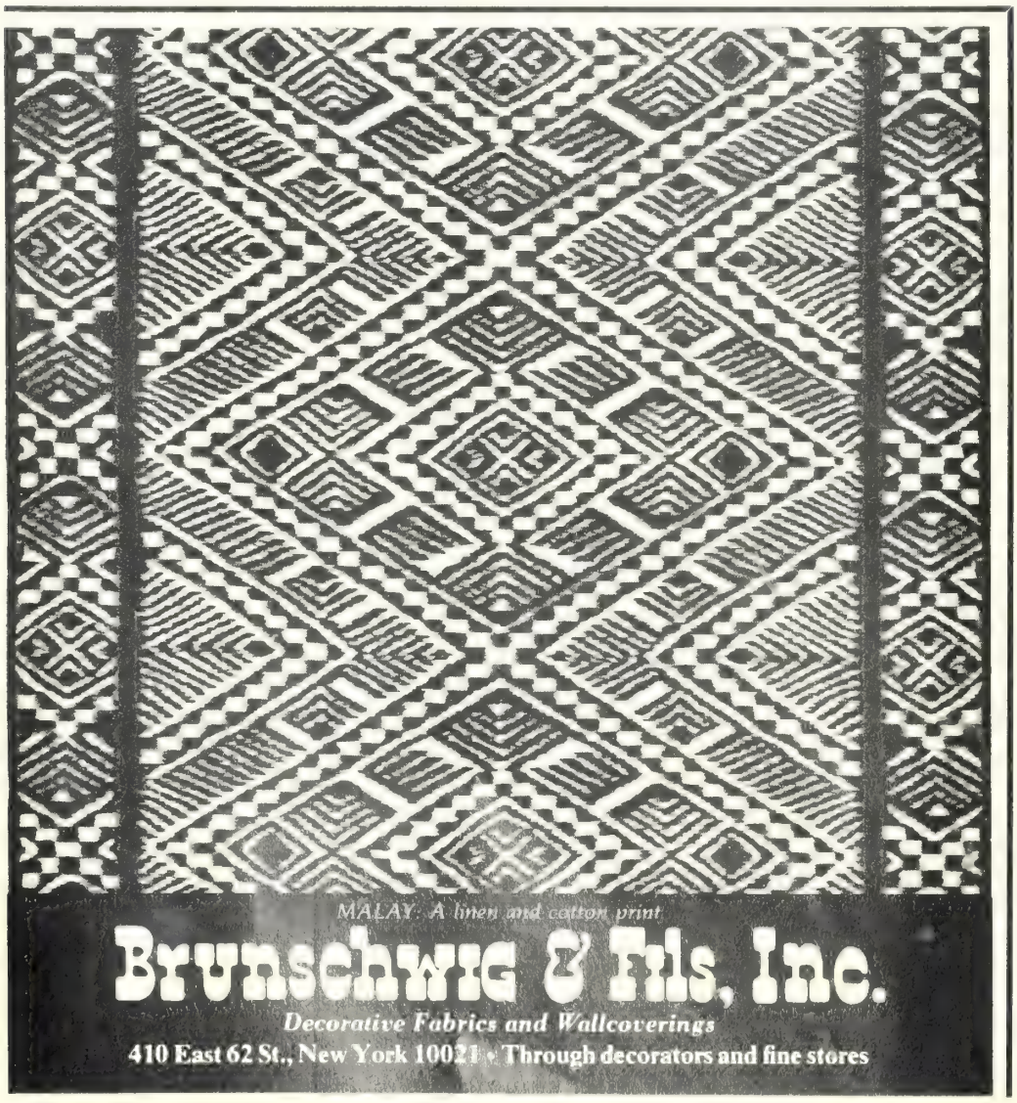
Continued on page 58

All about diesel fuel

Diesel fuel is nothing more than Number Two fuel oil, the same clear, clean-burning oil you use in your home heating furnace. Number Two is used for home heating for the same reason that diesel engines are popular in boats. Compared to highly volatile gasoline, it's very difficult to accidentally ignite Number Two, so the danger of explosion or fire is greatly reduced. This same safety feature comes free with every diesel car.

Diesel fuel is also safer to make, to ship, and to store, which makes it popular with the oil industry. And diesel fuel is available almost everywhere. In an emergency, you could actually siphon fuel oil out of your basement tank to run your Mercedes, but the government frowns on this because you'd also avoid a stiff 16 cents per gallon tax on diesel fuel that homeowners don't have to pay.

Over 5,000 service stations handle diesel fuel in the U.S., however, so there's really no reason to raid the oil burner. With every new Mercedes, you receive a free *Diesel Fuel Directory* prepared by the Hammond Map Company that authoritatively lists every diesel fuel station in the country. If you aren't buying a new Mercedes, you can still get the *Diesel Fuel Directory* from Diesel Directory Service, Mercedes-Benz of North America, 1 Mercedes Drive, Montvale, N.J. 07645. At $2, it'll pay for itself the first time you use it.





ASTRONOMY ARTWORK BY ADOLF SCHALLER. © 1976 BY ASTROMEDIA CORP.

86 Proof Blended Scotch Whisky ©1977 Paddington Corp., N.Y.



Why Do You Want to Look Younger?

Probably every woman has a slightly different reason. Are you planning to go back to work? Did your husband get that promotion, so you'll be mingling more with other company wives? Or did you catch a glimpse of yourself in a store window and wonder, just for an instant, who that older-looking person was?

Whatever your special, very personal reason, it's undoubtedly time you discovered the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. Join the women from many parts of the world who have enjoyed the beautiful benefits of this remarkable skin-cherishing liquid, known in the United States as Oil of Olay beauty lotion.

Oil of Olay goes to work instantly to help you look younger. How? The beauty fluid penetrates your skin astonishingly quickly, letting pure moisture, tropical oil and precious emollients work hand-in-hand with nature to help ease away unwelcome dryness. When your skin is dry, you know, little wrinkle lines are far too noticeable, so you may easily look older than you should. Or could.

It isn't just extra birthdays that can make you look older, of course. Wind, harsh weather, even some cosmetics can dry your skin, so your look of youth can slip away unexpectedly soon.

Gentle Oil of Olay onto your face and throat. Watch your skin virtually drink in the precious liquid. Notice your skin grow softer and smoother within moments. See the renewed lustre and radiance of your complexion.

Working in its mysterious way, Oil of Olay helps maintain your skin's moisture balance, letting your complexion become glowing and younger looking. Little wrinkle lines (which are accented by dryness) can show less the very first day. It's a difference apparent to other people, though they may not say a word.

What's the best time for Oil of Olay? Most devoted users like to smooth it on both morning and night. Oil of Olay doesn't leave a greasy afterfeel or look, so it's marvelous under makeup. Or if you like to give your skin a vacation from cosmetics, Oil of Olay lets your skin live in its own misty climate. The beauty fluid gives your skin a dewy glow even without makeup. Applied at bedtime, Oil of Olay cherishes your skin into quiet hours of sleep. Any other time your skin feels dry and you'd like to raise its moisture level is a good time for Oil of Olay.

Why do you want to look younger? Whatever *your* reason, won't you let Oil of Olay help?

Beauty Secret

When you've discovered Oil of Olay®, chances are you won't ever want to be without it. Carry a bottle in your purse or tote bag and certainly in your cosmetic kit when you travel, to smooth and soften your skin wherever you are.

The durable diesels
continued from page 56

the EPA is trying to reduce—carbon monoxide, unburned hydrocarbons, and nitrous oxide. Gasoline engines produce unhealthy amounts of all three. Diesels, on the other hand, produce almost no carbon monoxide or unburned hydrocarbons, and while they do make nitrous oxide, it can be brought to within reasonable levels. Within a few months, Mercedes will have a 5-cylinder engine with a high-performance turbocharger they hope will reduce nitrous oxide to almost nothing. Between them, the four manufacturers currently offering diesel cars in the U.S. have a maximum capacity of around 270,000 diesels per year. But product planners figure that the number will increase each year, until by 1985 diesels will account for at least 2½ million cars a year. That's over a quarter of the entire automobile market. After that, who knows? We may end up with a diesel in every garage.

VOLKSWAGEN RABBIT DIESEL
Base price: $4,249; Length: 12.9 feet; Passengers: 4; Engine: Inline-4, 48 hp; Miles-per-gallon, city, 39 mpg; highway: 52 mpg; Warranty coverage: 12 months/20,000 miles; Number of dealers: 1,032.

OLDSMOBILE DELTA 88 DIESEL
Base price: Approx. $7,000; Length: 18.1 feet; Passengers: 5; Engine: V-8, 135 hp; Miles-per-gallon, city: 20 mpg; highway: 29 mpg; Warranty coverage: 12 months/12,000 miles; Number of dealers: 3,327.

OLDSMOBILE 98 DIESEL
Base price: Approx. $8,000; Length: 18.4 feet; Passengers: 6; Engine: V-8, 135 hp.; Miles-per-gallon, city: 16 mpg; highway: 21 mpg; Warranty coverage: 12 months/12,000 miles; Number of dealers: 3,327.

PEUGEOT 504D
Base price: $8,660; Length: 15.2 feet; Passengers: 4; Engine: Inline-4, 71 hp; Miles-per-gallon, city: 28 mpg; highway: 35 mpg; Warranty coverage: 12 months/12,000 miles; Number of dealers: 285.

MERCEDES-BENZ 240D
Base price: $11,920; Length: 15.9 feet; Passengers: 4; Engine: Inline-4, 62 hp; Miles-per-gallon, city: 25 mpg; highway: 34 mpg; Warranty coverage: 24 months/24,000 miles; Number of dealers: 409.

MERCEDES-BENZ 300D
Base price: $16,590; Length: 15.9 feet; Passengers: 4; Engine: Inline-5, 77 hp; Miles-per-gallon, city: 23 mpg; highway: 28 mpg; Warranty coverage: 24 months/24,000 miles; Number of dealers: 409. ■

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THE NEW BOOM IN VIDEOCASSETTE RECORDERS

Whiz machines that let you record TV programs or show home movies

BY DAVID LACHENBRUCH





VHS type videocassette recorder system offers up to 4 hours recording. Includes clock-timer. RCA

Did you ever notice that whenever there's something you really want to watch on one TV channel, there's also a good show on another? To owners of a videocassette recorder, this situation no longer presents a conflict. With a VCR, probably the most important entertainment development since television itself, you can watch one channel, at the same time recording another for later viewing. And with this same gadget, you can view recent movies in your own living room, and even produce TV shows of your own with members of your family.

Between now and next spring, you'll see the VCR coming on the market in at least 15 versions under as many brand names. Here are some further examples of the way it may change your viewing life.

- The telephone rings just as you're about to find out whodunit on the mystery movie. Just push the record button before you reach for the phone. Talk as long as you want, then pick up the TV show exactly where you left off.
- Like the news with both Walters—Barbara and Cronkite? See them consecutively on your own special one-hour newscast.
- Are you going to have to miss *Casablanca* for the umpteenth time because it comes on at 1 A.M.? Not this time—just set the timer tonight and watch it tomorrow at a civilized hour. Or save it for a time when you think there's nothing worth watching.
- Want to store up a complete set of *Upstairs, Downstairs* for the children to see when they're old enough to appreciate it? No strain.
- "No TV till you do your homework. We'll tape *Bionic Woman* and you can see it when you're finished studying."

The very first practical video recorder was built as recently as 1956. It was designed for use at television studios, recorded in black-and-white only, cost $75,000, and was the size of an adolescent elephant. Today's VCR is small enough to set atop a TV console and automatically reproduces a color-and-sound picture in a reusable paperback-sized cassette at the push of a button. Easier to operate than the average audio cassette recorder, in effect it's a complete television set minus picture tube, containing its own individual channel tuner. The cassette is merely inserted, the channel selected, the record button pushed, and it records high-quality videocassettes indistinguishable from the original. The VCR is easily attached to any television set by anyone who can use a screwdriver—it goes onto the antenna terminals, not *into* the set.

How the VCR boom began

After several false starts, the first home VCR became available spring 1976 with the Betamax TV attachment by Sony. The company wasn't quite prepared for the enthusiastic reception by the American public, and even had to discontinue its advertising campaign when it sold out of machines toward the end of last year. Other American manufacturers took notice, and the 40,000-odd Betamax owners probably became the most questionnaired and market-researched segment of the American public. It turned out that they represented a virtual cross-section of the United States in terms of income and occupation. Even Sony was surprised when research showed that Betamax owners purchased an average of more than a dozen cassettes with their machines—and then went back for more—indicating that they were building program libraries rather than erasing and reusing the cassettes. At the time of such popular telecasts as *Gone With the Wind* and *Roots*, most dealers' stocks of blank videocassettes were completely sold out.

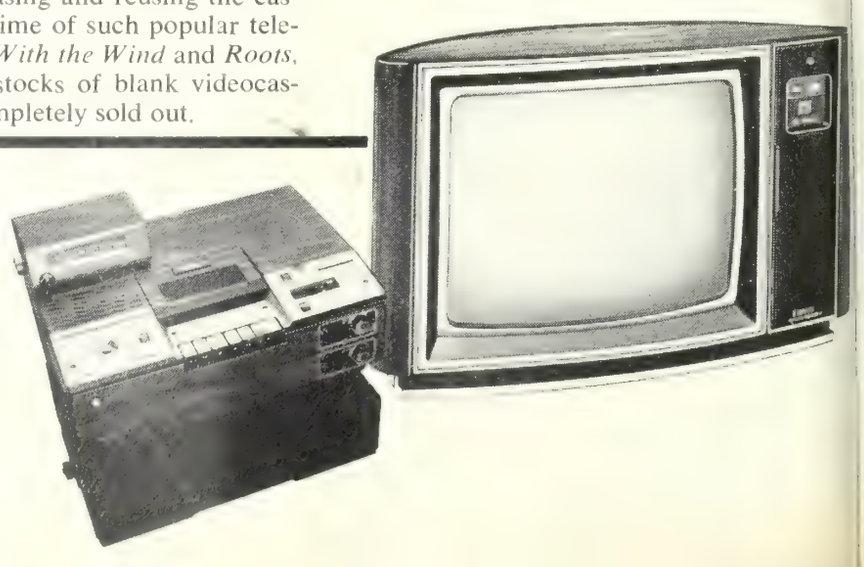
Move to extended recording

Even in last year's sellout market, one glaring shortcoming showed up in Betamax: The one-hour maximum recording time per cassette was just too short for unattended recording of many programs. Some of Sony's competitors came up with machines which could record two hours on a single cassette, and Sony soon followed with a new machine called Betamax X2 which records at half the speed of the original Betamax, storing two hours of programs on the same cassette that used to hold one. The machine has a switch which changes the speed—providing a fast speed (one hour per cassette) to play back cassettes which were recorded on the old Betamax. Further, Sony offers a cassette change to owners of the original Betamax, permitting unattended recording or playback of two cassettes.

This group of machines offered by Zenith, Toshiba, Sears, and Sanyo, as well as Sony, has come to be known as the "Beta" family (identified by the name Beta on the machine). It should not be confused with the VHS (Video Home System) group of machines which offers up to 4 hours cassette recording. Manufacturers in this group include RCA, Magnavox, Panasonic, Sylvania, and Curtis Mathes. But there are, in addition, a couple of similar machines currently of the VHS type recording in the two-hour

(Continued on page 64)

EDITOR'S NOTE: *David Lachenbruch is Editorial Director of* Television Digest with Consumer Electronics *and a well-known writer in the television field, contributing frequent articles to* TV Guide. *He has tested the latest video-cassette recorders and this is his report.*



"Beta" type 2-hour videocassette recorder with slimline Chromacolor TV set. By Zenith









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mode from JVC, MGA, Sharp and others.

Aside from these two major "families," there are two one-of-a-kind systems. Quasar currently has the lowest-cost VCR with a list price of $995, requiring a special cassette, which will fit on no other machines (but it's expensive at $34 for two hours compared with $17 for a 2-hour Beta cassette or $20 for a 4-hour VHS cassette). Sanyo, which offers a Beta-type machine, also has its own exclusive format called V-Cord II.

Unlike ordinary audio tape recorders, there is *no* standard video cassette and no less than four different types. All efforts to achieve standardization have failed due to the competitiveness of the Japanese manufacturers who developed them. But since most VCR owners aren't likely to do much tape-swapping at first, but mainly play back tapes on the same machines that recorded them, the lack of a standard tape probably won't prove to be a major drawback for the time being.

Legal questions

Is it legal to record TV shows and movies? Late in 1976, University City Studios and Walt Disney Productions sued Sony, some of its dealers, its advertising agency, and one Betamax owner for encouraging the violation of copyrights of movies shown on television. Sony replied that TV viewers are entitled to watch programs which are carried by the publicly owned airways at any time they wish. It could be two years or more before the case is decided by the U.S. Supreme Court. But with the growing numbers of home-video cassetters constituting a lobby in its own right, it's unlikely the lawmakers will ever stop the use of VCR. It's far more probable that a small tax or fee eventually will be levied on recorders and cassettes to reimburse copyright owners.

Whether or not the courts or Congress eventually decide that it's legal to record movies from television, VCR owners will soon be offered a wide variety of already-recorded (and legally cleared) cassettes containing programming not available on television—from recent feature films to golf lessons. Some prerecorded cassettes are already available at relatively high prices, but by the end of this year, it's anticipated that several companies will be offering video movie cassettes at just a few dollars more than the cost of a blank cassette—when you tire of the movie you can erase it and reuse the cassette for recording. Still another future use for the VCR is the home videotape, made directly from an electronic color or black-and-white camera—an instant home TV talkie. As camera prices come down, homemade family TV shows will become more common.



While home VCRs are bargain-priced ompared with professional video re-orders, the tag is still relatively steep, arying from just under $1,000 to about ,300, depending on type, make, and atures. Blank cassettes (two- or four-our playing time) run from $17 to $34. ill, since early 1976, it's estimated hat Americans have purchased nearly 0,000 home VCRs. With large-scale arketing about to begin under many rand names, sales are expected to build apidly. RCA forecasts the public will uy 250,000 VCRs of all brands this year nd 750,000 more next year. An incredi-le figure when you remember it took olor television a full decade to reach its rst 750,000-set year.

Americans have been involved in a sort f love-hate relationship with television. hey resent being slaves to the broad-aster's programs. The VCR could rep-esent their emancipation proclamation.

YOUR OWN HOME TV STUDIO



Home video camera plus VHS system by JVC

Although the vast majority of VCRs are being sold for recording broadcast programs from the air, some people are beginning to make their own videotapes of birthday parties and other personal events. Black-and-white television cameras with built-in microphones are available at $250 to $400, designed to be plugged into the VCR. The videotape can be played back immediately—no need to send it away for processing.

The most sophisticated home VCR accessory is the "first home color camera," offered by the JVC Corporation with a built-in microphone. Although designed as an accessory for JVC's Vidstar VHS system, it will work with any home VCR and provides excellent color. The catch is that it costs more than the VCR itself—about $1,500 for the basic camera, more if zoom lens or electronic viewfinder is included. (An electronic viewfinder is a tiny TV screen which shows the picture as it's taken.)

Several manufacturers are working toward extremely compact, low-cost home color cameras which operate on new principles. Some may even have miniature VCRs built into them, making them as convenient to use as home movie cameras. But engineers and scientists feel this type of cheap and compact home color camera is still at least five years in the future.

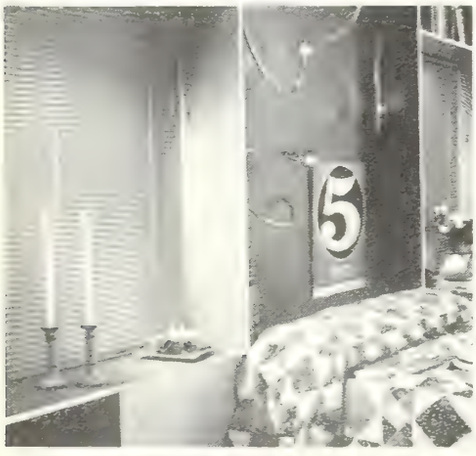


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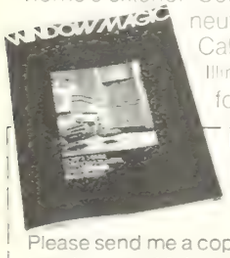
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YEASTS: HELPFUL OR HARMFUL?



BY DR. MARY CATHERIN[illegible] TYSO[illegible]

Plus advice to a teen-age daughter and psychological strategy for losing weight

Q What's the truth about yeast? I've always believed it to be nutritious, but I heard recently that yeast infections are on the increase.

A Yeasts are microscopic unicellular fungi in the air. Acting upon carbohydrates (sugar and starches), they produce carbon dioxide and alcohol through fermentation. In flour, yeast produces alcohol which evaporates during baking; carbon dioxide bubbles cause the dough to rise. Brewer's and baker's yeasts are obviously beneficial. Brewer's yeast, if dried, is also a source of B complex vitamins. However, it's true that in the last twenty years, since the use of antibiotics and cortisone or its derivatives, and birth control pills, yeasts have been the cause of more illness. The antibiotics are so effective they kill off not only the disease-causing bacteria, but also eliminate the normal beneficial bacteria in the intestinal and genital tract. This allows an enormous overgrowth of yeast cells, which are usually kept in check by the normal bacterial flow. Cortisone and its derivatives enhance the growing of yeast for some reason and also pathogenic bacteria. Frequently infections occur with its long term use and these are multiplied further by the antibiotics needed to prevent or treat bacterial infections. Yeast infections also occur with female hormone stimulation. These hormones are increased in pregnant women and also in women taking birth-control pills, because oral contraceptives simulate pregnancy in many ways.

Fortunately, there is a treatment for these infections, which is effective and safe—Mycostatin, which translated is "fungus stopper." This will cure the condition, but, of course, if any or all of the above causative factors happen again, it may recur.

Q What sexual advice should be given to a pre-teen or teen-age daughter?

A You have already told your daughter much about sex, even if you have never discussed it with her. Without speaking a word, you instruct by your views and behavior. She sees how you react to situations in other people's lives, to news items about prominent people and to talk about some new movies. She draws conclusions, often without being aware of it, from what you wear and what you help choose for her to wear. Your attitude toward attractiveness tells her too, even in the way you carry yourself. If the message is that you have a good feeling about yourself, she is more likely to accept herself and have a good self-image. If you feel it is important to be attractive, but do not spend great quantities of time and money and energy on this pursuit, she is likely to have an equally good perspective. (Of course, what is attractive to a pre-teen or teen-age girl may not charm you. What is important is her feeling of self-respect, that she is *worth* clothing well.) If you regularly show shock at brief bathing suits or clingy clothes and criticize every new style, you show not only a rigid attitude, but demonstrate that you are not open even to considering change. If you regard beauty and particularly youthful good looks as particularly important, she is likely to worry about these. And carriage tells. We all know older people whose lifelong discouragement or feeling of inadequacy has turned their bodies into a sort of walking apology. Their posture sends a message.

What has this to do with sex? Sex is more than an act: It is an aspect of personality and life, not something separate. A girl or woman who likes herself will engage in sexual experience only when she is emotionally and psychologically ready for it. She is not likely to be blackmailed into a sexual relationship she does not want, anymore than she would accept a job which paid too little for the work. Attitude is not enough though, and you must supply accurate information as well one way and another. Do not depend on the school to take on this responsibility. The information may come too soon, before it is of interest, or too late when misinformation has already filled in the answers to questions. People in sex

Continued on page 71



This luxurious 100% nylon carpet has been checked for wear resistance and flammability. Two of the many tough quality control tests a carpet must pass to wear the Ban-Lon® carpet label. Available in a full selection of decorator colors. Emerson Rug, Boston; Prange's, Green Bay; The Carpet Shoppe, Honolulu; L. S. Ayres, Indianapolis; Macy's, Kansas City; Baker Bros., Phoenix; Stix, Baer & Fuller, St. Louis; Grigsby's Carpet, Tulsa.



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Ft. Smith, Brooks Carpet Company
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education more and more advocate giving a girl a good, instructional book to read by herself. The opinion is that she will take from it what she wants at the time, not getting more answers than she needs. It is important to find a book which is thorough and accurate without being clinical and cold. One such book is *Love and Sex in Plain Language* by Eric W. Johnson (Lippincott). An excellent book which also helps parents answer questions is *Sex Is a Parent Affair* by Latha Scanzoni (Regal Books).

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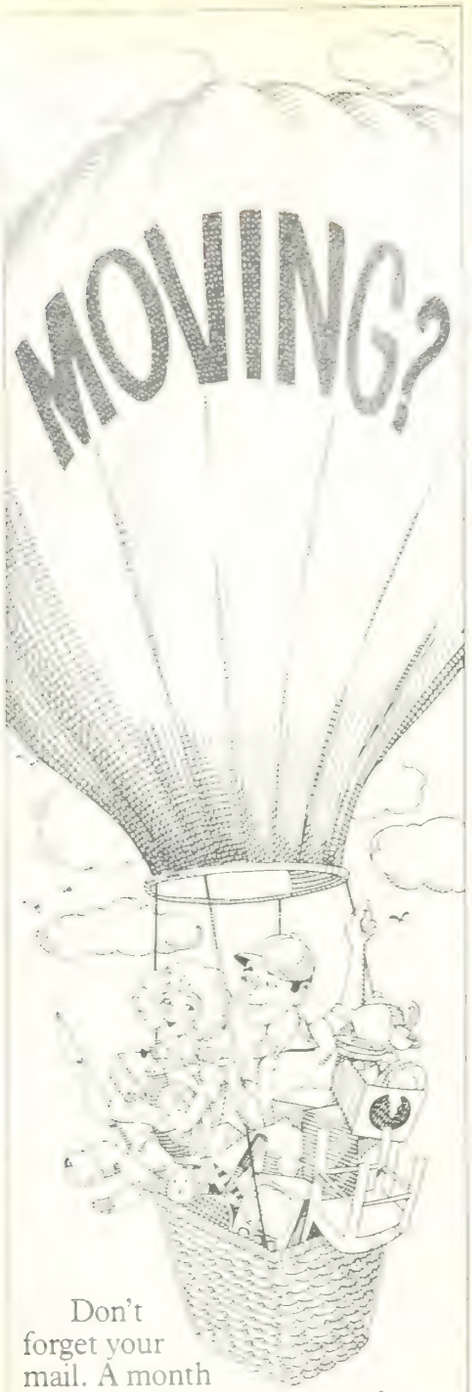
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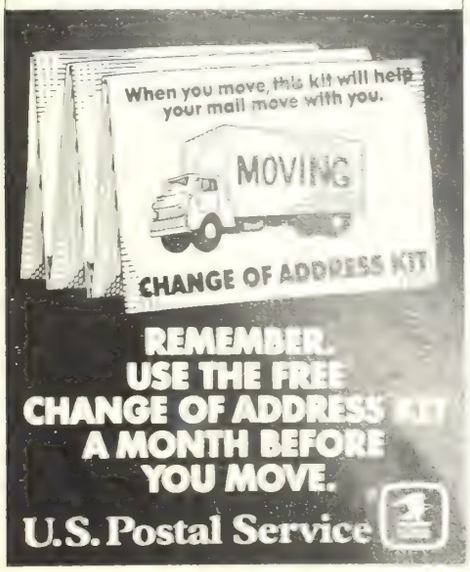
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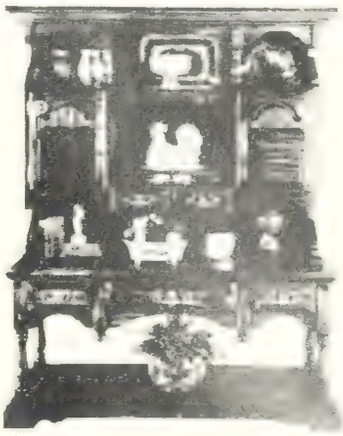
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And when it comes time to wash, you simply "tell" it what to do by lightly touching the control panel.

The washer does it all from there. It gives you the exact wash, rinse and spin at the precise time and temperature needed for your washable clothes. Whirlpool quality combined with solid state reliability.

It's simply beautiful and better yet, beautifully simple. We believe the two should go together.



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SUPER PRESENTS DESIGNED TO LAST

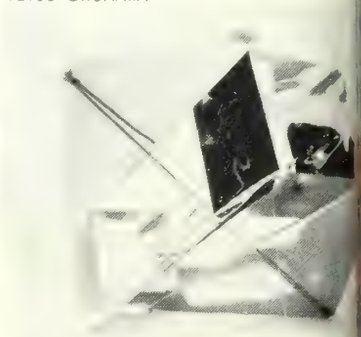
If you have had your fill of throwaway toys which might as well be discarded with the Christmas wrappings, here are some items which may suit your urge to give lasting gifts:

The bicycle built for one, **Varsity Sport** comes in five different frame sizes according to a child's height. It is a rugged, durable 10-speed bicycle with a special forged steel fork frame and tubular steel rimmed wheels, for the cyclist who might want to develop into a cross-country racer. At Schwinn dealers, who are also factory-trained for service, and give their own personal guarantee. $141.95 from Schwinn Cyclery Jamaica.

Send a child back-packing with the ultimate in supplies from Boy Scouts of America. A snappy **Blue Max Pack,** $26.95 and sturdy **Horizon I** frame, $23.50 are the basics. The following items can be packed away with room to spare in Blue Max: **Adventurer Sleeping Bag** 86 inches long, $49.95; 1½-quart **Scout Canteen** with belt clip, $4.40; **Official cook kit** or "portable kitchen" including aluminum pot, pan, plastic cup in cloth carrying case with strap, $4.50; **Scout Knife** with 4 blades which do everything from opening up cans to punching holes, $7; **Pioneer I Flashlight** with belt clip can also be used for signaling, $4.35; **Camper's First Aid Kit,** the large patrol size and booklet, $6.50; **Explorer III Compass,** $8.79. At official Boy Scouts of America distributors.

Two cameras for the novice, which are foolproof introductions to photography. The lightweight **Canonet 28** is a sturdy, hard-wearing camera with automatic adjustments—just focus and smile, $127. Canon, U.S.A. Pictures in a flash. **OneStep** is a positively effortless, fixed-focus, lightweight camera with on-the-spot results. By Polaroid, $39.95; optional self-timer, $13.50; tripod and adapter, $16. *Continued on page 80*

TETSU OKUHARA



Right: Kite by Go Fly a Kite. Below: Portable Smith-Corona





Left: The Pet, a useful home computer that can prepare for the future. Commodore Business Machines



Above: Paper airplanes are no mean challenge with this diagrammed, cut-out booklet. Flying your own plane can be easy. Troubador Press, San Francisco. Top left: "The Varsity," Schwinn's most popular 10-speed bicycle

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72

Glue-it-yourself hardwood flooring? You're bound to love it!

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Perhaps you have a young Jacques Cousteau in the family, who would appreciate some basic equipment for further deep-sea exploration. Three scuba diving accessories for the deep: **Mini Rocket Fins** by U.S. Divers include vents for less drag, $29.50; **Tekna Mask I** with easy-locking strap plus side panels for peripheral vision, $28.95; **Tube Tab Snorkel** by Tekna with collapsible bite tabs for less pressure on jaws, $6.50 at World Wide Divers.

Silver Box Kite is a strong, 29-by-36-inch Mylar box kite with 1,000 feet of string—strictly for 10-year-olds and older. Versatile, too! Use as a planter simply by putting a flowerpot inside. Turn it into a lamp with a clip-on electrical plug. Or make a hanging sculpture by stringing it from the ceiling. $11 ppd., Go Fly A Kite.

Perfect for the student—**Classic 12,** a durable, portable, manual typewriter with additional changeable type—language accents, chemistry and medical symbols—plus a new molded shipping case tested for heavy-duty travel. $164, by Smith-Corona.

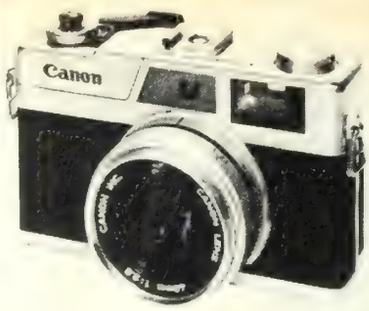
For beginners at tennis, an electric, indoor, automatic ball server, **Serves-U-Right,** for garage, playroom, or indoor court. It automatically serves 15 balls every 1½ minutes. $52.70 ppd. At Hammacher Schlemmer.

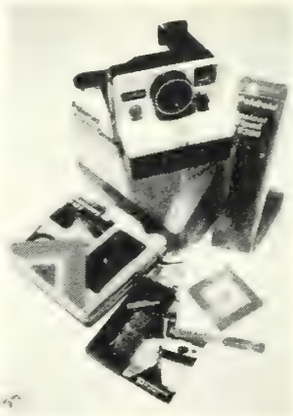


Right: Backpacking with the official Boy Scout paraphernalia is the way to go. Below: Double Dynamite has no barriers to solid stereo sound. Panasonic



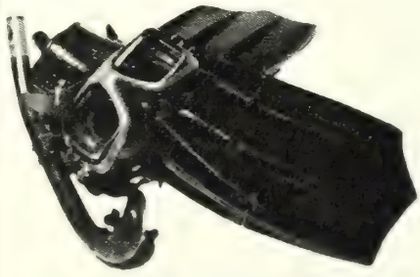
Double Dynamite, an 8-track portable tape player (red or white) with twin stereo speakers and an optional car adapter ($14.95) should meet any young person's yearning for extra decibels. From Rock to Bach. $39.95 by Panasonic.







Above, top: Canonet 28 for a lifetime interest in photography. Canon, U.S.A., Inc. Below it, OneStep, the camera with instant results. Polaroid Corporation. Right, Serves-U-Right fast tennis service helper, Omnitec Products Corp., and below, Fins from U.S. Divers, mask and snorkel, Tekna



For the mechanically minded, **Paper Airplane paperback book** with various cutout models and detailed instructions for flying paper planes. $3 ppd. from The Discovery Shop, American Museum of Atomic Energy.

The Pet, a personal electronic transactor, appeals to the younger generation born in the computer age. It can be used as a learning tool with educational cassettes or for playing computer games. And, perhaps most important, after the youngster goes off to bed, you can have a crack at it. Pet has a memory bank—can store recipes, answer the phone, keep track of monthly bill paying, and even help when April 15th rolls around. $590 by Commodore Business Machines.

JACQUELINE GONNET, FLEUR FEIGHAN-JONES

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72

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HOW TO GROW POTS OF TOMATOES IN YOUR WINDOWSILL GARDEN

BY SHARON K. GRAHA

When the temperature outside is below freezing and the ground is white with snow, there is nothing quite so good as a ripe, juicy tomato raised in your own window garden or greenhouse. The taste will be sensational, nothing like the pale "imitations" you may get sometimes in your supermarket: Most supermarket tomatoes are picked green to avoid bruising during shipment. You can watch your own tomatoes ripen to delicious perfection on the vine before you pick them for your table.

Some good tomatoes for indoor growing are Salad Top, Patio, and Pixie Hybrid, which produce small red fruit. If you would like to grow a hanging basket of tomatoes, Tiny Tim or Tumblin' Tom are some good ones. Pixie produces fruit in a very short time, about two months from the time of planting. I planted some in late October, and picked the first ripe tomato on Christmas Eve. I have als been successful with Jubile which produces medium-size meaty, orange fruit.

Six plants are enough t have a small but steady su ply of tomatoes through th winter. Plant ten or so seed in sterile potting mediu spacing them about 1½ inche apart, in rows 2 inches apar Allowing each seed plenty o room will result in less roo damage at transplanting time Cover lightly with a sma amount of the potting medi um, water carefully, and se in a brightly lit or sunny spo For faster germination, loose ly cover the container wit clear plastic wrap, or if yo prefer, a sheet of glass. Thi will hold in humidity, and ge the seeds off to a faster start When the seedlings appear, re move the cover, and now the should be set in your sunnies window. If you wish, you ma begin fertilizing with a ver dilute nitrogen fertilizer a one-fourth the recommende strength.

When the new plants have two sets of true leaves, not in cluding the first two which came up, and are cotyledons rather than true leaves, choose

(Continued on page 86)



Potting up shards, porous soil



Seedling pressed firmly into soil



Good soaking, sunny spot

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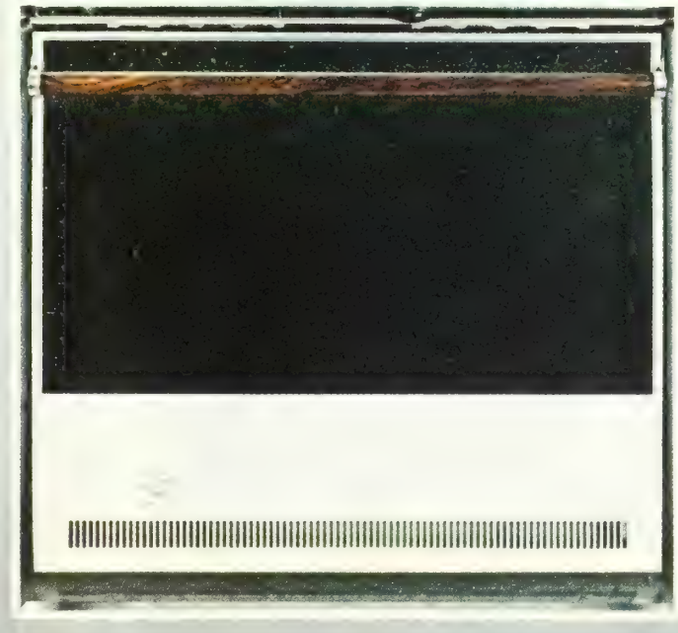
This is not just an oven. It's a self-contained full size cooking system. A Micro-Thermal oven above and conventional oven below that are both self-cleaning.

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Ceramic insert to hold small dishes in the center rack of the roomy porcelain Micro-Thermal oven.

The CMT-20 patented built-in exhaust system ventilates the ovens automatically during the cleaning process. May also be operated independently during conventional cooking.

For information and complete warranty details see the CMT-20 warranty package at your dealer or write Thermador, 5119 District Boulevard, Los Angeles, Calif. 90040

Thermador

The elegant difference

THE FERN CRAZE

These frothy plants are easier to grow in today's energy-conscious, cooler rooms BY RICHARD LANGER

Ferns as houseplants have only one drawback—if indeed it is one. They may be grown for their striking foliage but never for pretty flowers. In fact, they are so primitive as to antedate the evolutionary development of flowers. They predate even the dinosaurs, along with which many of their species were buried and lost in the billions of tons of coal which are all that remain of the once-lush world. Speaking of fuel, present day energy shortages are probably going to make these houseplants as popular as they were during the Victorian fern craze. This is because they thrive indoors — as long as it isn't too warm. (And too warm it rarely was in Victorian homes.) Central heating changed all that, of course. Not only did houses become much warmer, they became much drier as well, and ferns gave way to tropical plants more tolerant of these conditions. Now, with indoor thermometers conscientiously registering much lower temperatures, ferns are blooming again. Not that there aren't numerous tropical ferns around. They are to be found in every corner of the globe. But even they like a drop in temperature of 10 degrees or so at night. But for the most part, it is the temperate varieties that are grown as pot plants.



Shaggy Boston fern thrives in this city window

Apart from liking a cooler environment and a moist atmosphere reminiscent of the wooded glen with which we associate the ferns, these plants are undemanding. They like their soil evenly moist—never sopping, however. Even when growing in bogs, ferns thrive atop the high hummocks. They drown if their roots are in the water. Ferns grow best with a coarse footing, a soil mixture of equal parts of topsoil, peat moss,

Continued on page 86

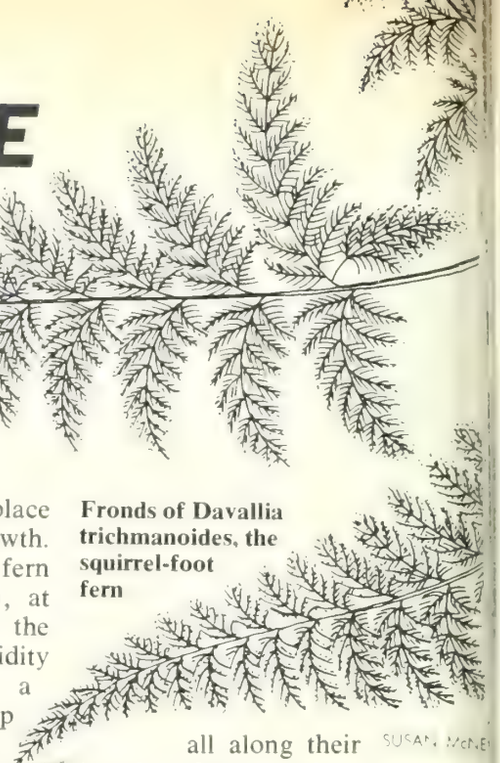
5 Appealing ferns

You can't grow just one mother fern, or mother spleenwort (*Asplenium bulbiferum*). The reason is simple. Plantlets develop by the score, all through the year, along the edges of the parent plant's fronds, giving it a rich, full look, incredible even for a fern. Many of these plantlets, or adventitious buds, as they are properly called, will drop off and root in just about any soil on which they land. Leave the rest of them be, and many of them will simply keep growing on the parent frond. The mother fern can tolerate less humidity than a number of other ferns. In fact its leaves begin to brown when the humidity is over 70 percent, so it can be grown in drier homes, provided its soil is kept evenly moist. A warm and shady place makes for best growth.

The bird's-nest fern (*Asplenium nidus*), at the other end of the temperature - humidity index, must have a great deal of damp air. It's what I would consider an ideal bathroom fern in this respect. Another point to remember is it will thrive in low-light conditions. Keep it out of drafts, however, or the plant will be stunted.

Unlike the ferny-looking ferns, *Asplenium nidus* has long swordlike leaves with wavy margins. An almost chartreuse green with a dark midrib accenting each leaf, this plant is truly striking.

Then there's the group of ferns from the genus *Davallia*. *D.bullata*, the squirrel's foot, *D.fejeensis*, the rabbit's foot, and *D. Griffithiana*, the deer's foot—to name only a few. These "feet" are always growing out of their pots. In actuality they are fuzzy rhizomes, stems of a special type that produce both roots and leafy shoots. And not only do they add a striking woodsy contrast to the feathery greenery rising from them, but since new fronds will sprout all along their length, they produce some of the lushest indoor fern gardens you've ever seen. Let the fuzzy feet climb as far as they want. Trying to contain and bury them will induce rot, quite besides being a hopeless task.



Fronds of Davallia trichmanoides, the squirrel-foot fern

SUSAN McKEE

A fern collection is never complete without a head of Boston, the fern of the same urban name as the lettuce. *Nephrolepis exaltata 'Bostoniensis'* likes humidity and bright light. It also needs to be kept cooler than most other house plants.

To round off a beginner's collection with one spectacular exotic fern, there's nothing quite like *Platycerium bifurcatum*, the staghorn fern. If you decide to mount it on the wall, just don't hang it above the fireplace, a location that the fern will find both too warm and too dry. Mist the leaves daily to get the best growth. For a touch of whimsy—and a not un-

Continued on page 86



Ferns line Enid Haupt's stairs

READING UP ON FERNS

There are essentially two classics in popular fern literature: the old *Ferns to Know and Grow* by F. Gordon Foster (Hawthorn, $7.95) and the *Fern Grower's Manual* by Barbara Joe Hoshizaki (Knopf, $15). Any growers going past the old reliable Boston Fern should consider one or both of these books.

Fern sources

Edelweiss Gardens
54 Robbinsville-Allentown Roaa
Robbinsville, N.J. 08691
list, 50¢

Logee's Greenhouse
55 North Street
Danielson, Conn. 06239
catalogue, 52

Bolduc's Greenhill Nursery
2131 Vallejo
St. Helena, Calif. 94574
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

fine coarse sand being a good basic mix. A teaspoonful of bone meal per pot and a couple of spoonfuls of charcoal for sweetener are always appreciated.

The plants rarely need repotting, for they enjoy cramped roots. Nor do they need much fertilizer. In fact, feeding them well can kill them. Benign neglect is the best care in their case—active neglect when it comes to insecticides, since these will kill the ferns before they kill the insects. But that's one of the reasons for choosing ferns. Given a good moist atmosphere, they're about as pest-free as house plants can be.

Appealing ferns
continued from page 84

natural one at that, since in the wilds the plants often intertwine—I once planted a small *Streptocarpus* among the brown shield-shaped fronds from which the "antlers" emerge. The blue bell-like flowers add a pleasant bit of color.

Fronds up high

Fern baskets overflowing with cascades of rich feathery fronds are one of the lushest ways to display these foliage plants. To grow the ferns in a suspended fashion properly, however, there's really no way of avoiding the great basket drip. The ferns should hang in woven baskets that allow the air to circulate and the rhizomes to creep. This means that water almost inevitably will drip through. I've solved this problem in two ways. One way can be a little messy, but it's fun. Hanging ferns in the bathroom—one of their favorite spots, since the humidity is high and the light intensity low—I water simply by filling the tub and plunging the whole basket into the bath for a minute. It's rather like being a kid again playing with bathtub toys. Then I hang them up on the shower-curtain rod (inside the curtain, of course) till they're finished dripping. The first dozen times you dunk the ferns, a lot of small pieces of moss and dirt may break loose. However, once the plants have bathed a number of times, they leave little residue.

The second method involves watering the basket-bound ferns in their hanging position but allowing the drips to fall into the much larger pot of a plant below. It takes a bit of positioning to keep the "rain" from splattering. Once the proper adjustments have been made, however, two plants are watered for the effort of one.

Baskets suitable for hanging ferns are usually made of wire, woven wood, or tree fern. They need to be lined with a moistened layer of sphagnum moss or similar material. The fern is then planted in the cavity, in a very loose potting soil mix. An inch or so of sphagnum moss is pressed down around it for a snug cover. Done up this way, a hanging fern will grow happily for years without repotting or much other care besides watering. Hanging ferns do tend to dry out quite a bit faster than their grounded siblings, however, so check the soil daily until you master the proper rhythm of watering to keep the soil moist. Ferns can stand, within reason, almost any kind of neglect except having their roots dry out ■

Grow pots of tomatoes
continued from page 82

the six sturdiest plants. Simply choose those that have the stockiest stems in relation to the height of the plant. Transplant them into individual pots, and in this case, the bigger the better. A 6-inch pot will do, but you will get bigger fruit with an 8-inch pot. I use equal parts oven-sterilized garden dirt, baked 1 hour at 200° and commercial potting soil, which keeps the mixture loose. Bury the stem in the soil right up to the first set of true leaves. More roots will grow all along the stem, and the plant will be sturdier. Set the pots in your sunniest window, or the brightest spot in your greenhouse. When blossoms appear, you must help nature along. Using a small, soft, artist's brush, gently tickle each bloom to pollinate it. This is a pleasant task which should be done each day as new blooms open. Water generously and feed every two weeks with a fertilizer formulated for tomatoes, at half the recommended strength. If you use houseplant fertilizer, the nitrogen it contains will encourage the growth of the foliage instead of fruit. The plants should be staked for support and so the sunlight can touch more of the plant.

Since you've used sterile potting soil, you should have no trouble with insect pests, unless you have infested house plants nearby. If there is a whitefly anywhere near, it will find your tomatoes, for it dearly loves them. In this case, wash carefully with soap and water (not detergent) and pat dry with water on a paper towel.

I find you get more fruit if you don't pinch; each stem carries a bloom stem. Also, I do not recommend removing suckers. It is not really necessary, and besides, it is easy to confuse them with the bloom stems. If you should make a mistake and remove the bloom stems—no fruit!

The ripening clusters of fruit are colorful and attractive on the vine, and it is fun to show them off to envious friends, who always seem to be as impressed as by my best blooming orchid. ■

Photographs from The Great American Tomato Book *by Robert Hendrickson (Doubleday, $8.95) and courtesy of the U.S. Dept. of Agriculture, Burpee's.*

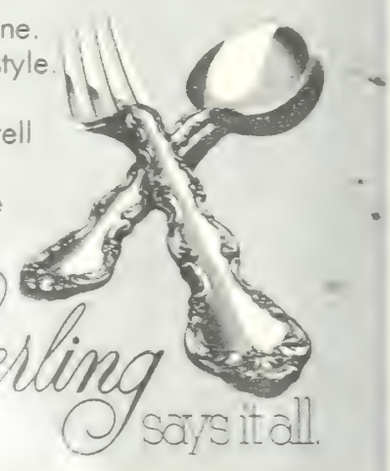
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Here's just a taste of what to expect from your free issue of Bon Appétit



A pasta you can't refuse.

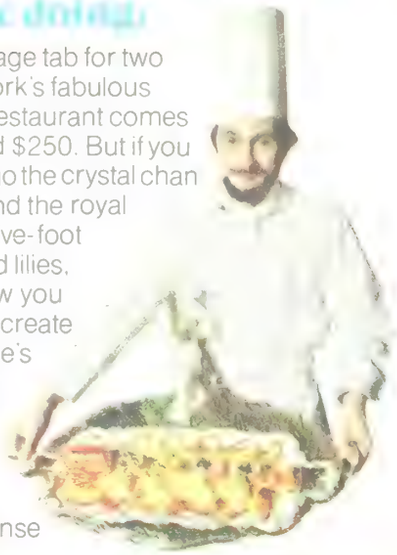
Only recently have we come to enjoy the dazzling array of pastas with names like "butterflies," "seashells," "little worms," and "moustaches." And wherever there's pasta there's sauce. So be saucy and let yourself go. Try a topping made with caviar...or Neopolitan Harlot's Sauce, so-called because it was a favorite of the ladies of the evening who could whip it up in short order between assignments.

When Phyllis cooks, everybody looks.

Who knows what's next from this zany lady with kitchen savvy! She's a whiz at fast feasts like the veal-beef-pork concoction she calls "Glory Glory Cacciatore." But then there was the party when George Burns and Totie Fields were treated to TV dinners, exquisitely served and cooked to a turn.



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The average tab for two at New York's fabulous Palace Restaurant comes to around $250. But if you can forego the crystal chandeliers and the royal array of five-foot roses and lilies, we'll show you how to recreate the Palace's triumphs with outrageous little trouble and expense.

Sip sip hooray!

Wine lore abounds in *Bon Appétit*. Quick tip: when the choice is Beaujolais Supérieur or Beaujolais-Villages, go with the latter. The Villages appellation denotes one of the choicest Beaujolais districts. Supérieur means only that the wine is at least 10% alcohol.

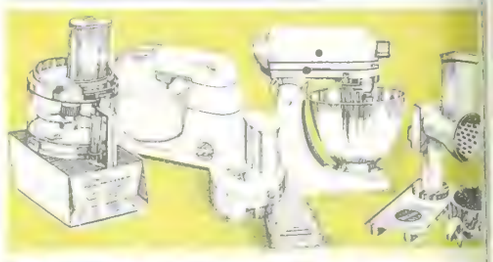
Ideal hosts for busy hostess.

Love to entertain but just too busy to cook? Exciting people with lots to do share their secrets with us every month. Dane Clark's wife Geraldine—Vogue model, stockbroker, political science student—freezes a delicious Italian sauce for moment's notice Steak Pizzaiola or Chicken Parmesan. And *Bon Appétit* reprints the recipe.



The ne plus ultra of smorgasbords.

The platters hold Babi Kecap, Sayur Tom Krupuk, and Buah Kuah Ketan Sirkaya—all parts of a glorious Indonesian banquet called *Rijsttafel*, pronounced "reich tafel," and meaning "rice table." Your tongue may trip over the words, but it's bound to trip o on the variety of textures and tastes, like crisp shrimp puffs with peanut sauce, ging crab fritters, and tomatoes with coconut milk.



Miracle machines—which one's for you?

They chop, they shred, they grind, slice, grate and purée. But which food processo is right for you? The original French import that took the country by storm, or it new American cousin at twice the price? *Bon Appétit* tests, compares, and reports all the latest cooking tools.

Plus all these regular features.

Dining around the world for epicureans on the go. Microwave cookery—exploring the myths and the magic. Great kitchens, cook and cooking classes. Your wine IQ. *Bon Appétit* reviews cookbooks, kitchen tools and the new naturals. Bon Appeteaser puzzle. Guide to dining out.

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HOUSE & GARDEN

A2

Our best salesman shows up in your mail once a month.

A high utility bill is one of your best reasons to check out today's new, energy-efficient gas appliances. They use up to 50% less gas than the ones offered just five years ago, saving you money... and precious energy. Gas has always been the most efficient energy for the big household jobs of home heating, cooking, heating water and drying clothes. And, with utility bills going higher, gas and new gas appliances are a better choice today than ever before



Does the cost of staying warm give you chills?

A new, energy-efficient gas heating system can heat the same amount of space as older systems with up to 20% less gas... enough, in fact, to take care of your total energy needs for cooking and drying clothes. They're quiet, clean, compact, long-lasting and have pilotless ignition.



Now there's really something to sing about in the shower.

Did you know the average family uses 26,000 gallons of hot water a year? That's a lot of water... also, a lot of money and energy. You can save both with a new, energy-efficient gas water heater. Compared to older models, these new heaters heat the same amount of water with up to a third less gas.

Only sunshine is more efficient.

Today's new energy-efficient gas dryers can cut your use of gas for drying clothes by 25%. They have pilotless ignition, automatic shut-off when clothes are dry, and multiple temperature settings for all types of fabrics.



The pilot light went out... for good!

Pilotless ignition is just one reason many new gas ranges use up to one-half less gas than older models and cost on average far less to operate. They also feature instant on and off, super fast heat control, multiple temperature settings, ovens that clean themselves and smokeless closed-door broiling.



Conserving energy is a national concern... saving money, a personal one. New gas appliances do both, and that's why we say:

New Gas Appliances are good for your economy!

Gama
GAS APPLIANCE MANUFACTURERS ASSOCIATION

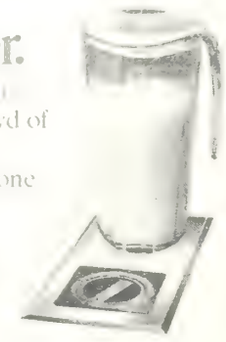
NuTone's Food Center

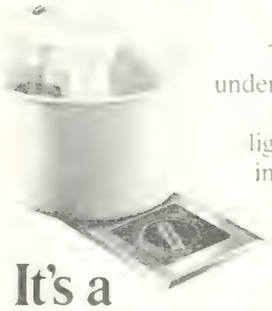
It's eight appliances in one...

It's a blender.

Now you can put the counter-top with a crowd of appliances, motors and cords. Build in the NuTone Food Center.

It's a mixer.



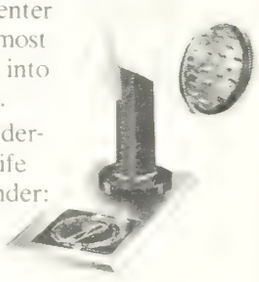


The motor is hidden underneath your counter, and up to eight lightweight appliances interchange and lock safely in place on the power plate.

It's a shredder-slicer.

The NuTone Food Center transforms even the most compact counter-top into a spacious work area.

Mixer, blender, shredder-slicer, ice crusher, knife sharpener, juicer, grinder:



Clutter-free, lightweight, cordless food preparation!

For free information, mail this coupon . . . you'll be under no obligation to buy.

Please send me FREE information about NuTone's Food Center:

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Address _____

City _____

State _____ Zip _____

Phone _____

NuTone Housing Products

Scovill

Dept. HG-1C-11 Madison and Red Bank Roads
Cincinnati, Ohio 45227

Form 3823 Printed in U.S.A.



FOR THE HOUSE FIXER

COVER-UP TACTICS WITH GRAPHICS

BY DEANNE RAFFEL

One way to disguise walls with poor surfaces is by creating a supergraphic. It can be done with paint, or cut from fabric, vinyl floor covering, wallpaper, or other material and attached with glue, double-face tape, or staples. The graphic may run up a wall, across the ceiling, down another, and even over window shades. For your design, use geometric shapes—circles, squares, triangles, arrows. Placement of lines will seem to shorten or lengthen a room and raise or lower a ceiling. Keep in mind that a line running horizontally over a narrow wall will make it look wider and a line that stands vertically on a wall will give the ceiling the appearance of being higher. Make sketches on a piece of paper. Work and rework the design until you are satisfied. Make a scale drawing of the room with the furniture in it, if you cannot visualize exactly how things will look. Lay in the pattern in the chosen color.

If the design has an irregular shape, draw a grid over it. In scale, use chalk or a light pencil line to enlarge grid on wall sketch in the pattern. A long straight edge or a chalk line are required for drawing straight lines. To make a circle, drive a small nail near end of a piece of lattice and notch out radius length. A pencil placed in notch will do scribing.

If you are using paint, apply masking tape to the border of the graphic to help give the edges a finite line. Press down the tape edge securely to prevent paint from seeping underneath. To make a long straight line, attach tape to one end, pull it taut to reach the other and secure it, then press down firmly. For extra insurance against dripping paint, with a small brush coat the edge of the tape and the wall immediately adjacent with transparent acrylic matte polymer emulsion, (at artists' supply stores).

Water base (latex) paint is easy to apply and dries quickly. To emphasize the graphic, try gloss and semi-gloss over a flat painted wall. For subtlety, use the same type of paint as the wall surface—flat on flat.

The graphic may be done with a brush. A small roller or a pad applicator, however, will provide more professional results. Work the outline and then fill in the remaining area. Take care not to overload the painting equipment. Remember that the tape must be removed right after the paint has set and is no longer tacky, but before it has dried.

More House Fixer, page 94

Washerless water saver

This new fitting for bathroom wash basins is a water saver. The two-handle faucet delivers about 2¾ gallons per minute at 80 pounds pressure per square inch—an ample but not wasteful amount of water. The Delex faucet is chrome finished with a long, full spout and Duralac handles that resemble crystal. It needs no washer, an aid to trouble-free maintenance. Delta Faucet Co., P.O. Box 31, Greensburg, Ind. 47240.

Handy handyman tips

- For restoring brushes and rollers hardened by paints and varnishes, Sav-a-Brush works fast and rinses with water. A 9-ounce package of concentrated powder makes 3 quarts, 3 ounces makes a quart and Super Sav-a-Brush is a ready-to-use solution. At paint and hardware stores. Schalk Chemicals Inc., Union, N.J. 07083.
- A squeak stopper and rust preventative, GE Silicone Lubricant comes in an aerosol container. A quick spray takes care of squeaky and sticky doors and drawers; loosens up tight locks, aluminum windows, hinges and hardware; protects tools, garden equipment from rust and corrosion. Long-lasting silicone takes temperature and moisture extremes. Available at home centers, hardware stores.

STAINLESS

Waste King, stainless refers to many things. It refers to the quality stainless steel we use for our dishwasher racks. It makes them the most durable ever. And our stainless warranty, the strongest warranty available today. Stainless refers to the flawless performance of our Waste King Stainless Steel Dishwasher. And, finally, stainless reflects our reputation, which we've built over the past 21 years.

Removable stemware | 2 rows of cups fit into | Plate cushions spaced | Removable racks allow
[illegible] protect delicate | [illegible] top | to maximize loading | pots and pans of various
glassware | | | size



The Waste King 911 Dishwasher is an engineering triumph.

[illegible] King Imperial Dryer reduces the need for hand [illegible]

The powerful three [illegible] cleans [illegible] with [illegible] water [illegible]

Each rack is [illegible] with Waste King's exclusive Hush-Coat and a high [illegible] fiberglass for years [illegible]

The Waste King Stainless Steel Dishwasher... the complete [illegible]



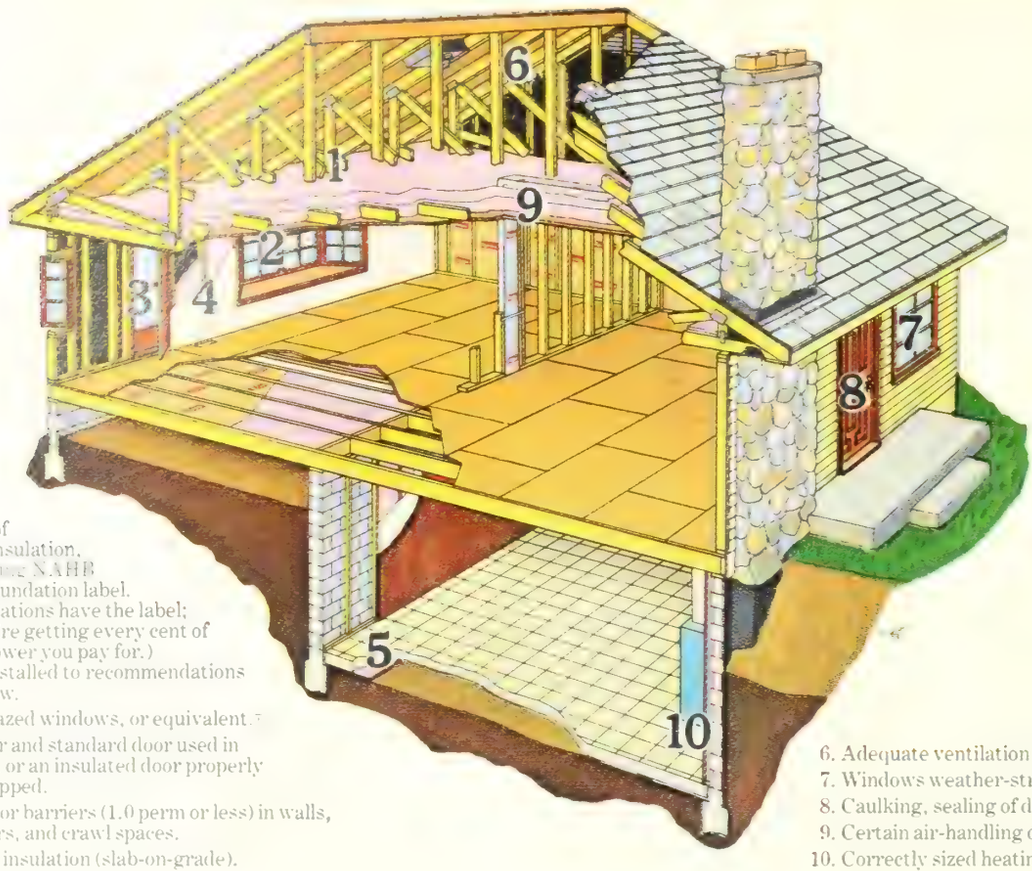
model 911



Waste King

The elegant difference.

For information and warranty details, contact your dealer or write:
Waste King
5119 District Blvd
[illegible]s Angeles, Ca. 90040



1. Blankets of Fiberglas‡ insulation, with Foil-Faced NAHB Research Foundation label. (Not all insulations have the label; it shows you're getting every cent of insulating power you pay for.) Insulation installed to recommendations on map, below.
2. Double-glazed windows, or equivalent.
3. Storm door and standard door used in combination, or an insulated door properly weather-stripped.
4. Use of vapor barriers (1.0 perm or less) in walls, ceilings, floors, and crawl spaces.
5. Perimeter insulation (slab-on-grade).
6. Adequate ventilation of air and moisture.
7. Windows weather-stripped.
8. Caulking, sealing of doors, chimneys, etc.
9. Certain air-handling ducts insulated.
10. Correctly sized heating/cooling plant.

Show this ad to your builder. It could save you thousands on future heating and cooling costs.

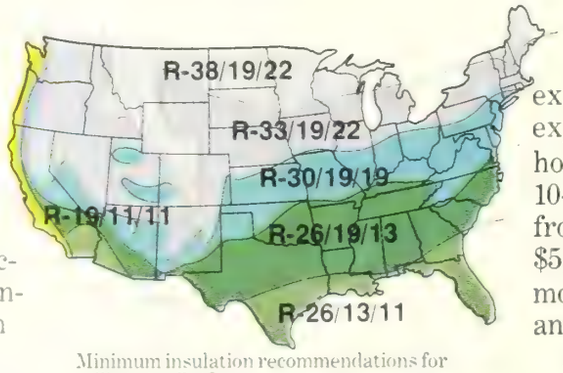
Announcing the energy-efficient home

Here it is—an answer to one of the biggest problems of our times.

That house above is no particular *style*. It can be a ranch, contemporary, or any other design you might want.

But it's a complete *system* for saving energy—and fuel bills.

The thermal experts at America's leading manufacturer of insulation, Owens-Corning Fiberglas, have developed it, based on experiments of the last decade.



Minimum insulation recommendations for ceilings/walls/floors.

Right now, such energy-efficient homes are being tested *and metered* to determine the exact size of savings you can expect. All indications are that homes built to Owens-Corning's 10-point specs could save you from $1,000 to as much as $5,000* over the life of your mortgage, depending on where and how you live.

And construction costs can be comparable to those of conventional housing!

Take the first step toward an economical, energy-efficient home now. Show this advertisement to your builder.

‡Reg. T.M. O.-C.F.

*Based on comparison of R-19/11/11 and R-38/19/22 insulated 1000 sq. ft. ranch house with 1800 sq. ft. basement. Assumes 6¢ per therm gas heat, 3¢ per kwh electric cooling, 5% annual rate increase for gas heat, electric cooling.

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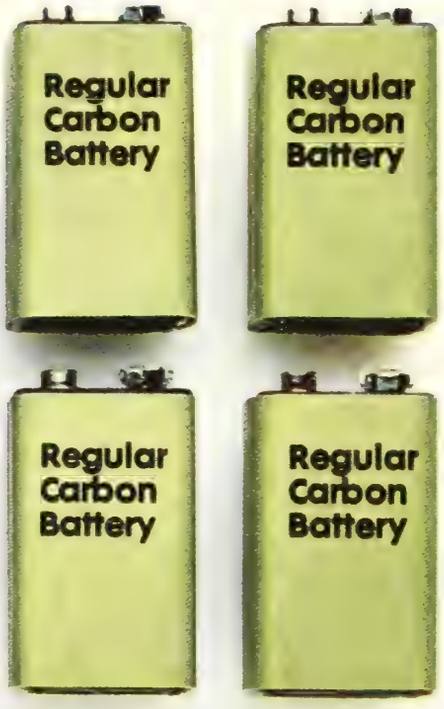
Owens-Corning is Fiberglas

OWENS/CORNING FIBERGLAS

CAN I=4?







It can with DURACELL® batteries! Independent tests prove that depending on the calculator, DURACELL® can last up to four times longer than regular carbon batteries. Think of that the next time your calculator batteries give up. Or better yet, think of it now, and replace your batteries with DURACELL...the Copper Top battery



NO REGULAR BATTERY LOOKS LIKE IT...OR LASTS LIKE IT.

continued from page 90

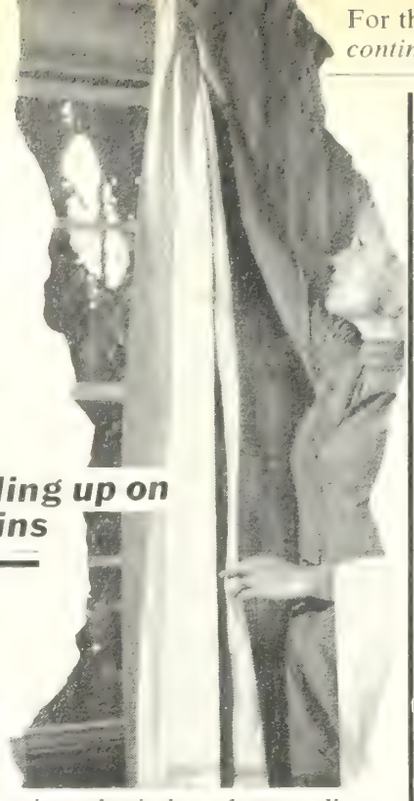


Holiday fun begins with freshly dry cleaned clothes.

You'll enjoy the good times of the holidays even more when you know you look your best. See your neighborhood Martinizing dry cleaner before and during the holiday season to keep your wardrobe in party-perfect condition. Whatever the occasion, whatever you need dry cleaned, Martinizing is the name to remember.

"MARTINIZING"
The name in dry cleaning.

Doubling up on curtains



Vinyl laminated window drapery liners help reduce fuel and air-conditioning costs. (In winter, house heat is lost through windows; in summer, glass lets in sun heat and increases air-conditioning demands.) These fan-pleated shields act as barriers. They attach as liners to pinch-pleated draperies by pin hooks slipped through the grommets—no additional curtain hardware is needed. Available in 16 sizes—25, 36, 50, and 75 inches wide, 44, 62, 82, and 92 inches long, they are sold in units, for use as single panels or as a pair, under draperies. They also protect them from fading and sun rot. Wind-N-Sun Shields, Commercial Drape & Design Co., 1534 Avocado Ave., Melbourne, Fla. 32935.

Burglar barrier

To prevent forced entry of house or apartment door, here's a hard rubber, 4-inch wedge doorstop. When its 1-inch metal prongs slip into a steel plate screwed to the floor, the wedge holds firmly against outside pressure. The plate has two sets of holes so a door can be completely closed or safely opened 1 inch to check visitors; there's no chain lock to cut or snap. Insert wedge when you're home, lift it when you go out, and store it on convenient door peg. Stop-lock, $9.95 average price at hardware stores. St. Croix Corp., 9909 South Shore Dr., Minneapolis, Minn. 55441.

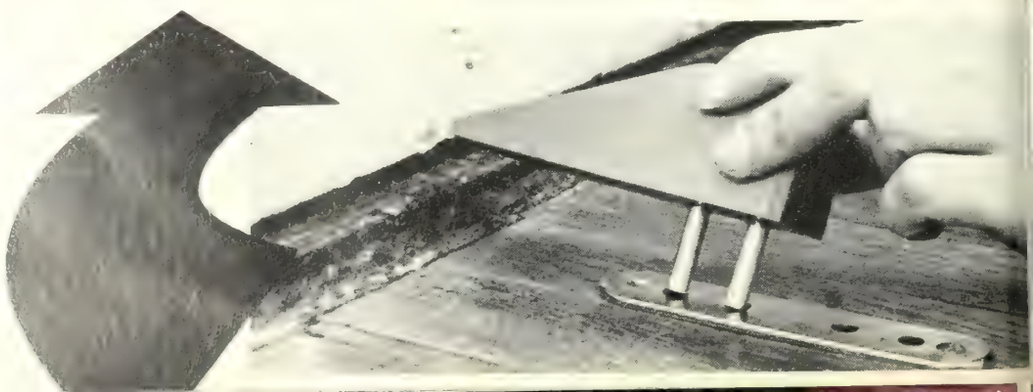
Handy handyman tips

- For replacing window sash, Elmer's Glaze-Tuff from Borden Chemical, an acrylic latex glazing compound, needs no hand warmup, can be applied to damp surfaces, dries fast, cleans with water, takes paint the same day. Elmer's Product Information Center, Box 157, Hilliard, Ohio 43206.
- Of Butyl rubber, Mortell's Roof and Gutter Patch Tape cements down loose shingles, seals leaky gutters, downspouts, flashings, and roof valleys. Use it also to patch cracks, holes, and blisters before applying roofing. You can cut and fit the 1¾-inch-wide tape and press it into place. It won't dry out, crack, or shrink, it is claimed. At hardware, building supply centers.

Fast flooring



New resilient sheet flooring in 6- and 12-foot widths is easily installed. Premier Sundial, a no-wax, thickly cushioned material, can be stapled to the borders of a wood floor at 3-inch intervals. And only a narrow band of cement around room edges is needed to secure it to a concrete floor. In 9 colors, and 2 patterns reproducing brick and ceramic tile, the vinyl cushioned flooring is comfortable underfoot and muffles noise; the tension back stays flat. Laborer's time and costs are reduced by this Interflex Installation system; subfloor sanding, patching, and leveling may be eliminated. Renters can take up stapled flooring when moving. Armstrong Cork Co., Lancaster, Pa. 17604.





Northwind Chair
(Circa 1847)



Peacock Chair
(Circa 1947)

Scott's Liquid Gold
Dedicated to the preservation of tradition.

All of your naturally finished woods deserve the best. They need nourishment to keep their deep lustrous sheen and to live on for generations.

So next time you dust, preserve all your fine woods with Scott's Liquid Gold.

It's not the short-lived cosmetic treatment you get with water-based waxes and polishes.

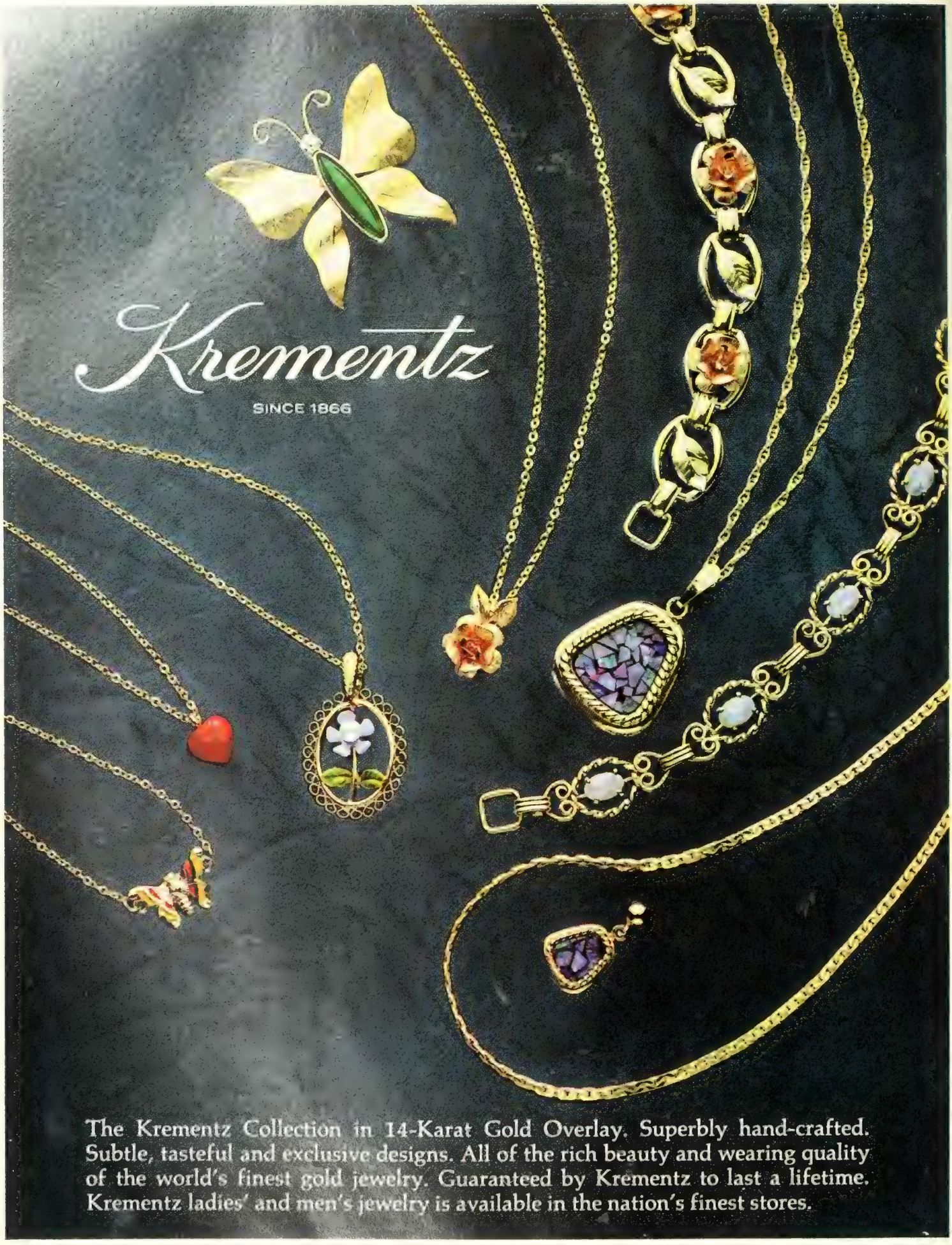


Liquid Gold's pure natural ingredients heal scratches and prevents moisture damage, like warping and cracking.

We care about your wood as much as you do. Write us for an informative four-color booklet on the history and care of fine woods.

Scott's Liquid Gold-Inc.
P.O. Box 39014
Denver, Colorado 80239

Preserves tradition. Protects innovation.



LEFT TO RIGHT: Butterfly Nothing Necklace $11.50, Coral Heart Nothing Necklace $20.00, Forget-Me-Not Pendant $27.50, Butterfly Brooch $22.50, Rose Pendant $15.00, Rose Bracelet $60.00, Mosaic Opal Pendant $40.00, Opal Bracelet $115.00, Neckchain $17.00, Mosaic Opal Earrings $50.00 (for pierced ears only). In fine leatherette gift cases.
Write Krementz & Co., 48 Chestnut St., Newark, N.J. 07101 for free copy of "Unique — The Story of Krementz Gold Overlay Jewelry."

After 35, you need a special health and beauty plan


Photo: Stan Shaffer

Eileen Ford, acclaimed beauty expert and head of one of America's top model agencies, has prepared one for you.

EILEEN FORD has been at the center of the beauty world for over 30 years—first as a model, then as a super-successful model agent and author of several best-selling beauty books.

As a woman over 40, she understands the special health and beauty problems mature women face because she's confronted and treated them: the struggles against fatigue, middle-age slump, bulging stomach, and—most difficult of all to confront—the soul-shattering realization that youth, looks, energy, and marriage all may suddenly seem to be slipping away at the same time.

Eileen Ford has had to deal with all those problems herself—and yet today she's healthy, cheerful, energetic, still happily married, and simply *gorgeous!* And now she's written an inspiring, enlivening new book for the maturing woman—BEAUTY NOW AND FOREVER: *Secrets of Beauty After 35.* It's filled with her unique beauty revelations and news about the latest techniques for coping with the body's aging process—and, more important, a wealth of emotional support and sound heart-to-heart advice for dealing with the most turbulent and crisis-ridden years most women ever face.

Eileen Ford's personal program for a glowing mind and body

It begins with 14 *terrific exercises* that almost look too easy to keep you in top shape—but *do!* And in case your mirror has been telling you that you need a safe, effective crash course in slimming, try Eileen's *super 14-day diet and exercise program* (14 one-minute exercises that *really* snap you into shape, plus a comprehensive low-calorie meal plan made up of favorite recipes from former Ford models like Lauren Hutton, Ali MacGraw, and Jean Shrimpton).

Once you're in shape, Eileen's *maintenance diet* will keep you that way with zippy, zesty recipes and meal plans that will re-educate your palate to the natural goodness of fresh fruits and vegetables.

Makeup can work miracles for you!

Is your makeup the same today as it was five—or even two—years ago? Eileen gives you valuable makeup tips to handle problems that develop as your face changes—and guides you through the maze of moisturizers, skin toners, and fresheners, to help you find the one that's right for *your* skin type.

The crowning expression of your beauty—your hair!

If you've had the same hairstyle for years—or if your figure has changed since your last hairstyling—Eileen Ford shows you how even a subtle styling change can literally transform the way you look—and the way you feel about yourself! She gives you expert guidance on hair coloring, and tells you what to do about damaged or thinning hair, how to shape your hair to flatter your figure, when to wear wigs (and when *not* to wear them), and more.

Beauty the "Easy Ways"

(Or, everything you always wanted to know about those glamorous health and beauty spas, cosmetic surgery, and surgical body-reshaping.) Eileen Ford gives you a personal tour through three of the poshest spas—Elizabeth Arden's Maine Chance, the Swiss health spa of the famed Dr. Bircher-Benner, and The Greenhouse, operated jointly by Nieman-Marcus and Charles of The Ritz—and reveals their programs, their sumptuous-but-slimming 900-calorie-a-day meals, and their special rejuvenation formulas.

And if you're considering cosmetic surgery—a total face lift or just a tuck here, a tuck there—Eileen gives you all the basics, plus the latest details about corrective surgery for sagging parts of the body, silicone implantation, eye tucks, chin reshaping, complexion enhancement through dermabrasion and facial peeling, and a multitude of other expensive but effective remedies for easing the effects of aging.

The *ultimate* "beauty secret"

Even after Eileen's guidance has brought you to a new level of physical health and beauty, there's still one more goal to achieve: the special aliveness, the glow of excitement about the adventure of life, that seems to leave many women after the age of 35.

Drawing on her experiences, Eileen Ford shows you how you can conquer the doubts, regrets, failures, and insecurities that sabotage the joy of living—and she gives you wonderfully clear, positive, and inspiring self-help techniques and ideas to get you active, involved, and enjoying your life again!

Bonus section: Former Ford Models Speak Out About Today

Do models age like the rest of us? You'll find out in a fascinating question-and-answer section featuring famous ex-Ford models like Suzy Parker Dillman, Sunny Griffin, Jinx Falkenberg McCrary, Dina Merrill, Nan Rees, Marola Witt, and others who share their secrets for keeping beautiful and fit and excited about their lives!

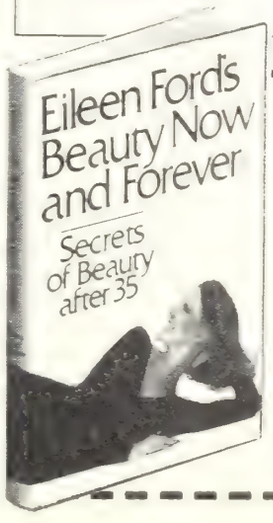
30-Day Free Examination

Examine BEAUTY NOW AND FOREVER: *Secrets of Beauty After 35* by Eileen Ford now at your bookstore—or mail the coupon below. A copy will be sent to you at once. If at the end of 30 days you don't feel that BEAUTY NOW AND FOREVER can help you become more beautiful and more joyously alive, simply return the book and owe nothing. Otherwise we will bill you for just $9.95 per copy plus a small shipping charge. Why not order your copy today from your bookseller or mail this coupon for your free examination copy.

EILEEN FORD is the co-founder and head of the world's largest model agency, which she runs with her husband, Jerry Ford. The mother of three girls and one boy, Mrs. Ford is also the author of the bestsellers *Book of Model Beauty, Secrets of the Model's World,* and *A More Beautiful You in 21 Days.*

Eileen Ford's Steps Toward Everlasting Beauty

- Eileen Ford's personal "luxury bath for the body and mind"
- What to do when it looks as if your life has failed
- The best investment you can make if you *still* get acne
- Why Eileen Ford *never* drinks liquids with her meals
- Three principles for super skin at any age
- How to revitalize your sex life
- One simple bedtime exercise to transform the way you look and feel
- And much more!



30 Days' Free Examination

SIMON AND SCHUSTER, Dept. 41
1230 Avenue of the Americas, N.Y., N.Y. 10020

Please send me____copy(ies) of BEAUTY NOW AND FOREVER by Eileen Ford @ $9.95 per copy. If, after 30 days' free examination, I am not completely delighted, I may return the book(s) and owe nothing. Otherwise you will bill me for the book(s) plus shipping.

Name _____

Address _____

City _____ State _____ Zip____

☐ SAVE. Enclose remittance now and we pay shipping. Same 30-day privilege with full refund guaranteed. (N.Y. residents please add sales tax.)

READY TO DECORATE? YOU NEED DECORATING A HOUSE&GARDEN GUIDE

Intriguing. Inspiring. Touching on everything you want to know about today's decorating products, colors, trends. That's DECORATING—the House & Garden Guide that's geared to home enhancement, that gives you unfailing direction on everything from the decorative power of pillows and plants, to the creation of whole house environments that reflect your family's personal style. DECORATING, now published three times a year, devotes its Fall Winter edition to the work of design professionals, how their techniques can be applied in homes and apartments like yours. Ask for it at your favorite newsstand. Or write for it at the address below.

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P.O. Box 1910 Grand Central Station
New York, N.Y. 10017





Cooking island in a brand-new kitchen

HOUSE PRESENTS FOR THE WELL-TEMPERED COOK

The newest kitchen equipment is both practical and penny-saving. And, in many cases, it's surprisingly pretty

Believe it. Your kitchen is the focus of some momentous goings-on. Brainy ideas are flowing in response to the enormous enthusiasm Americans are showing for cooking at home and the gear that goes with it. Here's a rundown of some of the newest, most innovative kitchen helpers that would make thoughtful, much appreciated house gifts. Think about the time, energy (read money), and effort they'll save anyone who cares about turning out high-nutrition, good-tasting, good-to-look-at meals everyday.

Something great to wake up to has been for years unobtrusively hidden away in many of England's great hotels —to wit, an **automatic coffee/tea maker** that's brewing when you're stirring. Teasmade of Knightsbridge is an electric appliance that combines a stainless steel kettle with a ceramic teapot and adds a clock and bedside lamp (two bulbs)! Set the clock, press "Auto" and, in the morning, a fresh aroma will wake you, even if the alarm clock remains ignored. The coffee maker measures about 18 inches wide and fits a bedside table or bureau top. It serves 2 to 3 generous cups of coffee or tea, is housed in sleek ABS plastic. An automatic safety mechanism shuts off the heating element under the kettle if it is incorrectly placed on the burner or if it is absent altogether. No need to worry that your clock will automatically begin brewing when you're away. The Teasmade of Knightsbridge will be available at Bloomingdale's for about $100 and also through mail order from the Maritz Catalogue, Special Awards Dept., Box 1000, St. Louis County, Mo. 63026. The system is made by BSR (Housewares) Limited.

Another intriguing, why didn't-they-think-of-it-before? addition to the coffee lover's kit is an electric **drip coffee maker that's a thermos/carafe.** Turn the maker off and the coffee's hot for hours. The thermos holds eight cups and the lid has been designed in a permanently "locked" position for both heat retention and to prevent spills. Loose teas will work just as well, so a tea caddy has been thoughtfully included. The thermos is finished in shiny chrome, the coffee maker is gleaming black plastic. $60 by Krups at Hammacher Schlemmer.

A word more about coffee: It's in the bag, literally. **Coffee bags that work just like teabags** are now being marketed in Canada and England, to be available in America in early 1978. The bags are filled with real ground coffee and it really does brew right in your cup. It also eliminates what is currently estimated to be the normal 25 percent waste that goes out of every pot made. Morning Treat will come in boxes of 20 bags for around $3 a box. There is a decaffeinated and a "milk and sugar added" for those who prefer it. Look for it everywhere in supermarkets—Ralph's Supermarkets in Los Angeles have it now. (It's delicious!)

Tea drinkers are having their options widened, too. From Holland comes **a teapot that has its own filter bag.** You determine the blend and strength you want with loose teas, which in many cases save you money. Fill the tea bag/filter, attach the filter to the neck of a plastic funnel with a small aluminum clasp, and pour in the boiling water. It's called Theefilterset and comes with 40 filters, which are also available in boxes of 40. Imported by Rowoco at $15. Find it at The China Closet.

What's new for bread bakers? One thing's a **new wheat grinder attachment** for the Kenwood Food Preparation Machine. Its hopper takes dry, whole grains, cereals, and beans and has five settings, from coarse to fine. Pass the flour through again for an even finer grind. The attachment fits both the "Chef" and "Major" electric food mixers, and costs about $80 at Kenwood dealers.

A combination **splash cover and pouring shield accessory** is new from KitchenAid. It fits on the rim of the mixing bowls for models K5A and K45 and makes adding wet or dry ingredients easier with less chance of splashing. The attachment costs $4.50 at KitchenAid dealers.

What's a **Grateful Bread Plate**? It's a

Continued on page 100



"THE GE POTSCRUBBER II® DISHWASHER. BELIEVE ME, IT LIVES UP TO ITS NAME."

Karen McCarthy

If you want a dishwasher that scrubs pots, believe me, you want GE's Potscrubber II dishwasher.

It might not do everything, like burned-on soils, but it sure cleaned this pot of baked-on beans. With no pre-scrubbing or rinsing. We just tipped off the large, hard scraps.

And the Potscrubber II dishwashers are the quietest dishwashers GE has ever made.

Plus the PermaTuf™ interior won't ever chip, peel or rust in normal use. The Potscrubber II dishwasher even comes with GE's ten-year PermaTuf tub protection plan.*

The Potscrubber II dishwasher. It lives up to its name. And it's backed by GE Customer Care® service.

*In addition to the General Electric dishwasher warranty, if the PermaTuf™ tub or door liner should fail to contain water due to a manufacturing defect such as cracking, chipping, peeling or rusting within the nine (9)-year contract period (ending ten years from purchase date), General Electric will repair or replace the tub or door without charge for either parts or labor unless failure is due to misuse or abuse. This Service Contract applies to dishwashers installed and retained for home use within the 48 contiguous states or D.C. Not applicable to Alaska, Hawaii, Virgin Islands, Guam, American Samoa, Canal Zone or Puerto Rico. Service will be provided by our Customer Care Factory Service Organization or by one of the franchised Customer Care® servicers.

THE APPLIANCES AMERICA COMES HOME TO.

GENERAL ELECTRIC

BUILT-IN MODEL CSD1070

THEY BEGGED FOR IT, SO WE BAGGED IT.

The Tastes of Beef & Egg.

Now life can be a lot happier for you and your dog, because we've taken two delicious flavors he likes and combined them into a delectable dog food of his very own.

Beef & Egg Flavor Dog Chow® dog food. It's got the tastes he'll beg for...the mouth-watering tastes of beef and egg.

So buy the bag with the tastes they begged for... Beef & Egg Flavor Dog Chow from Purina.®



continued from page 98

molasses-brown ceramic glazed top, with a terra-cotta rough bottom, brick-like plate that turns your oven into an old-fashioned baker's oven. It's ¾-of-an-inch thick, a foot wide, and 15 inches long. The plate holds heat evenly, helps your bread get a crisp crust, and is especially recommended for cookies. . . . no burned bottoms. A flat baker's peel is included with the plate and a booklet of recipes adds to the fun. It costs about $25, by Carmel Kiln, and is available at Bloomingdale's and Williams-Sonoma.

"Culinaria" is the name given to a group of some fifteen different clear-glass baking dishes by Corning. French bread enthusiasts can try out the **Bake-A-Round glass baking tubes** that come with their own metal racks, singly or paired. Many recipes tell you to rap the bread and listen for a hollow sound. The glass lets you really see the degree of doneness, so you can remove it when your eye tells you to. The single tube is 14 inches long, $13; the pair, $18, are 12 inches long each. At Bloomingdale's.

What do you use for pie-weights? Rice? Beans? Nothing? Try some **aluminum pea-shaped weights** imported from France called "La Tarte aux Pommes." They distribute heat evenly over the surface of the quiche or pastry dough and help give the crust a gorgeous golden color. 720 grammes or just over a pound-and-a-half come packed in a long and narrow plastic bag for $5.95 from Forrest Jones.

One note more: you can get super high-protein, fresh, preservatives-free, **whole Century II wheat** by mail order. It comes in gaily colored 2-pound calico bags, with some recipes added for good measure. The wheat is being grown locally by Ann Kreutzer and will be available for $7 postage paid. For larger quantities (order by increasing 2-pounds) add $2.70 per pound. From Ann Kreutzer.

The slow cooker is a money-saving, energy-saving boon we've had with us for about three years. Rival's "Crock Pot" was one of the first and it had a stoneware crock for a liner. Its newest idea is the **Crock Oven,** which applies the same principle to an expanded space. It can slow-cook a 4-course meal: casserole and vegetable up top, biscuits and dessert below. Or remove the shelf and slow-cook a 12-pound turkey or a 10-pound ham. The stoneware oven interior is designed so that baking dishes will fit snugly and take full advantage of the heated space. The "Crock Oven" measures about 15½ inches wide so it goes on a tabletop or shelf. You can also use it to dehydrate fruits, vegetables, and grains. The oven will cost about $89 at housewares stores and department stores everywhere.

ALL PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72.

"If it works for professionals it'll certainly work at home for you," is one way of describing the trend in home food-preparation equipment. Here's one that's been handy for grocers and fruit vendors, the Clipser. It's a **plastic gun that slips aluminum clips around the necks of plastic bags** and makes them airtight. Freezer bags, sandwich bags, ice bags, wastepaper liner bags, whatever. The gun itself pops into the dishwasher and all its parts are rustproof. The Clipser is imported from West Germany and will cost about $7. Refills of 120 clips for about $1 a bag are also part of the works. Look for it at supermarkets and hardware stores.

The Swiss company, Zyliss, has come up with a **quick and easy egg separator** that works something like a sieve. It's made of two stacking plastic cups, the top of which has a vent in each side. Crack the egg and drop it into the cup. The white slips down into the bottom, the yolk stays whole. Very neat. $3.50. Here's another: a clear acrylic **lemon/lime squeezer** that eliminates the juicy uncertainty of squeezing juice on fish or melons. You can control drop-by-drop just the amount you want, because the squeezer is shaped something like a nutcracker. $2.50 each and a great stocking present. The egg separator and the lemon/lime squeezer are from HOAN. Housewares of All Nations, and will be at Marshall Field and The Emporium.

Beautifully designed **grinders for herbs, salt, and pepper** come in a group called The Spice of Life. Each refillable grinder is about 4 inches high, has a clear acrylic body, and a bleached, natural wood top with a corkscrew-like grip. At $5, they come filled with any of 10 spices or herbs. The salt and pepper grinders are 6-inches tall and $12 each. The group was designed by Bodem of Denmark for Copco and is available at J.W. Robinson.

There is no question that the food processor has revolutionized home gourmet cooking. Its major contribution was that it speeded up the time it used to require to go through the necessary steps of chopping, slicing, shredding, and puréeing. Well, the evolution of the food processor has just taken a Giant Step—making accessories part of standard equipment. La Machine is a **three-part food processor** that's a chopping and grinding unit, which is also the set's power source, a blender, and a vegetable shredder and slicer. The three slicing blades let you choose between thick or thin cutting, French-fry cutting, and ice crushing. You can grind coffee too. The whole thing is a clean, shining white with all the cutting receptacles a rich, deep brown, see-through acrylic. "La Machine" will cost about $120 for the set and will be available at leading department stores and housewares stores across the country. La Petite Machine at $50 is for infant food preparation and com-

Continued on page 103

THEY BEGGED FOR IT, SO WE BAGGED IT.

The Tastes of Beef, Bacon & Cheese.

Now life can be a lot happier for you and your dog, because we've taken three delicious flavors he likes and combined them into a delectable dog food of his very own.

Beef, Bacon & Cheese Flavor Dog Chow® dog food. It's got the tastes he'll beg for...the mouth-watering tastes of beef, bacon and cheese.

So buy the bag with the tastes they begged for... Beef, Bacon & Cheese Flavor Dog Chow from Purina.®



Distinctive. Beautiful. And new.

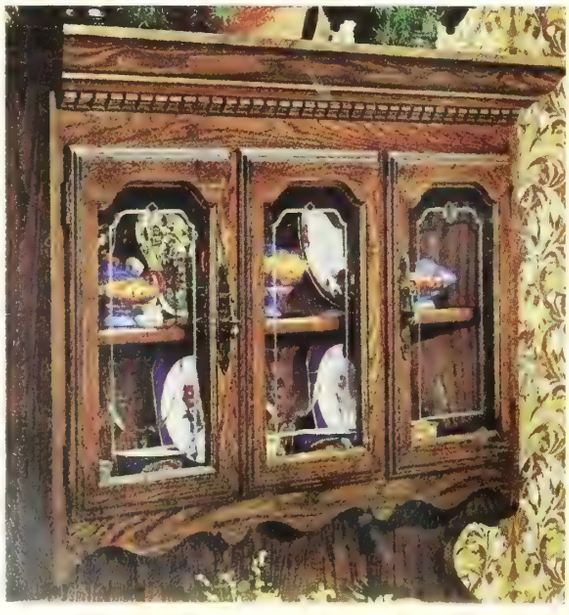
Tell City Tanbark Oak.



Our new Tanbark Oak, with its warm mellow finish, emphasizes the striking grain pattern that has made oak today's most popular furniture wood.

Its styling appeals to those who like Early American with a heavier "country" look.

Another truly distinctive touch is Tell City's beautiful detailing. Lovely etched glass hutch doors. Deep three-dimensional mouldings and shapings. Heavy sculptured door and drawer pulls. You can see these and other Tanbark Oak pieces at your Tell City dealer.



He can also show you our hard rock maple groups in both Andover and Rumford finishes. Tell City has furniture, lamps and accessories for every room in your home.

Distinctive. Beautiful. And for you.

The Tell City Primer of Early American Home Decorating offers 140 pages of decorating ideas and basics. Ask your dealer or send $3.00 to Tell City Chair Co., Box H9, Tell City, IN 47586. Offer good in U.S.A. only.

TELL CITY

bines the power-base chopper/grinder with a blender. Both processors are made in France by Moulinex.

There is also another **infant feeding system** about to debut called The Nurtury. It consists of a grinder for cooked meats, fruits, and vegetables and has three disks that regulate the degree of coarseness the baby can digest—Purée, Junior, and Toddler. The second piece is a warming tray with an automatic heat control that helps keep foods from drying out by overheating. Other parts of the equipment include a spoon for the parent to feed the child, a spoon for the child to feed itself, storage bowls with lids, bib, and training tumbler. A pediatrician and a dietitian have written a guidebook for parents to help them plan meals with homemade baby foods. The grinder costs about $50; warming tray, $35; bowls, bib, spoons, from $4 to $15. The Nurtury is made by Teledyne Water Pik and will be at department stores throughout the country.

A tiered meal cooker that saves space, time, and energy (yours and nature's) works with steam. It's called the **Steam Chef** and it is a three-part stacking bowl set that uses wine, water, or beer for steam. For example, pour wine into the base, place a whole chicken in the first bowl and stack it over the wine. Add some rice to one compartment of the top bowl, a vegetable in the other compartment. The chicken will be steamed through perforations in the bottom of the first bowl and the rice and vegetables will be cooked by the steam that rises from a center hole in the top bowl's divider. The lid doubles as a trivet for serving and acts as a bottom plate for storing. It is estimated that it will take only 750 watts to cook the meal just described or about one-sixth the wattage of a conventional electric range and two top burners. Steaming food is a practice thousands of years old and one that we know now is especially good for preserving nutrients. This variation is by Waring and will cost about $55 at Macy's in San Francisco and Foley's.

Pure white and very sleek is the look of Corning's **microwave oven cookware.** It's a glass-ceramic and comes with browning skillets that fry, sear, grill, and bake and otherwise make food look delicious. The cookware has no decoration whatsoever, which gives it a very creamy, poured look. The cookware comes in sets of five pieces and the newest addition is a **five-piece microwave cooking accessory set** of two gratins, a serving tray, and a shallow casserole dish with clear glass lid. $32.95 for the set, though you may be able to find the gratins by themselves for about $5 each. Corning cookware is available at housewares, hardware, and department stores.

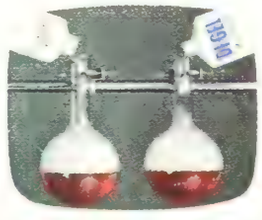
There's another trend in cookware which is making news. Now there's **cookware that looks more like hand-painted porcelain.** Floral patterns decorate lids, upper rims of pots and frying pans alike. Asta Designs has a particularly pretty design in its Classical Group called "Violetta." Purple and lavender-blue flowers with soft, jade-green stems are wreathed on a creamy-white ground. There's another called "Geranium" that has blossoms of bright pink and yellow. The cookware comes in three saucepan sizes, three stockpots, three casseroles, a frying pan, and a teakettle. The look sounds delicate but be assured that the cookware is sturdy and durable: "Violetta" has brass handles and "Geranium" has Bakelite handles. Asta Design cookware begins at about $35 per piece and will be at Jacobson's.

If there are some gifts you'll be giving that require a pair of batteries to run them, consider including this thoughtful new helper: the **Rechargeable Battery System** by General Electric. Movie and flash cameras, calculators, radios, tape recorders, and many toys run on pairs of AA, C, D, or a 9-volt single battery. The new modular recharger is appropriate for General Electric nickel-cadmium batteries. Rechargers come separately

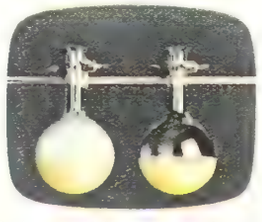
Continued on next page

ALL PRICES APPROXIMATE. STORE ADDRESSES, PAGE





These identical mixtures of laboratory acid and gas represent the misery of acid indigestion complicated by gas. A plain antacid is added to one, Di-Gel to the other.



Di-Gel quickly neutralizes the acid and breaks up the gas. The plain antacid is not made to relieve this problem. It works only on the acid, while Di-Gel relieves both. Read and follow label directions.



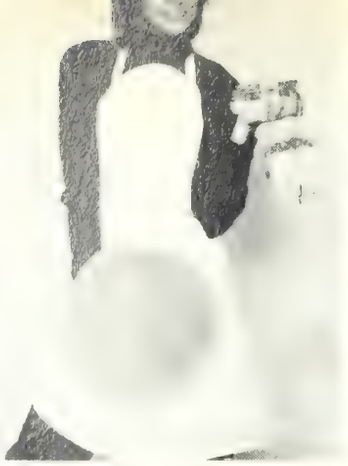
Get fast relief. Get the Di-Gel Difference.

for each pair or in a "Maxi" version that accepts them all. It's better than having to throw used-up batteries away. Rechargers can cost as much as $30. The "Maxi" version from GE runs about $16. Good money-saving, energy-saving news! At True Value Hardware Stores.

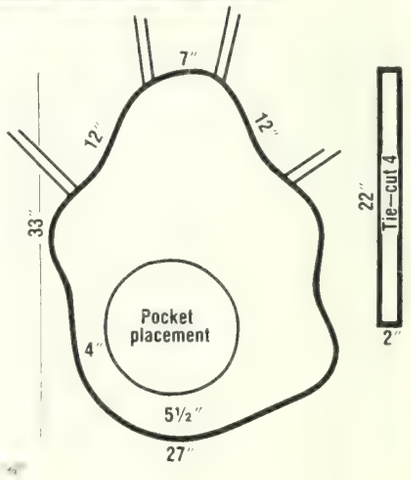
If you've ever wanted to try your hand at canning and freezing or if you know someone who's waited until harvest for the first plunge, you'll be delighted to see **The Blue Book.** The Ball Corporation, which makes glass jars for everything from jams to chutneys to stewed fruits and vegetables, has put together a large-format, 96-page, everything-you-always-wanted-to-know-about-putting-things-up book. You name it, everything's in it. Included is a garden planner, an altitude chart, recipes for acidic and low-acid foods, a calorie counter, and a "here's-how" chapter specifically focused on problem solving. Canning and freezing are labors of love. This helpful book's bound to be welcome. For copies of the Blue Book write The Ball Corporation, Dept. of Consumer Services, 345 South High St., Muncie, Ind. 47302 and enclose $2.50 postage paid. You will also find the Blue Book in bookstores and hardware or housewares stores.

—BARBARA PORTSCH, PAULA RICE JACKSON

ALL PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72.



HOW TO MAKE YOUR OWN FRIED EGG APRON





Step-by-step to the sunny-side up apron on page 179

Materials and equipment: 1 yard white duck; ½ yard yellow duck for yolk-pocket; thread; zigzag sewing machine or attachments.

Method: Cut white duck in a free-form shape 33 inches long and 27 inches wide. Shape should include a curved bib about 14 inches across. Cut four 2-by-22-inch white strips. Press raw edge of apron under, ½ inch all around; stitch. Press under ½ inch on each long edge of each tie strip; stitch.

From yellow duck, cut a 13-inch circular yolk pocket plus a curved pocket facing (see diagram). Wrong sides together, stitch facing to yolk using a zigzag stitch along edge of yolk. Pin yolk to apron, having faced opening toward outside edge. Zigzag yolk to apron, leaving faced opening free. Attach neck and waist ties following placement on diagram. Press. Salt and pepper to taste.

Only a Bar-Tender's® BRAND drink tastes like a bartender's drink.



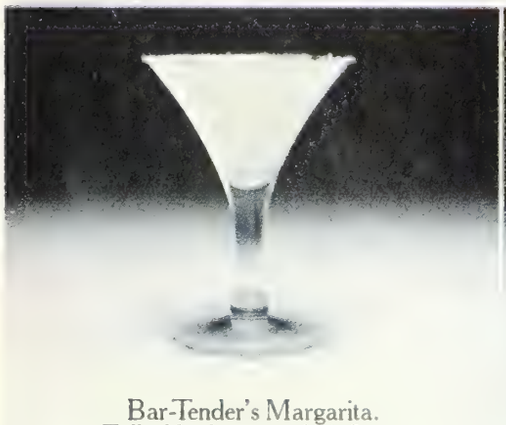
Bar-Tender's Whisky Sour.
Not too sweet. Not too tart.



Bar-Tender's Daiquiri.
Just the right hint of lime.



Bar-Tender's Piña Colada.
It's got the cool tang of pineapple, the exotic taste of coconut.



Bar-Tender's Margarita.
Full of fresh, sunny fruit flavor.



Bar-Tender's Tomcat.
The totally unique peach sour.

With Bar-Tender's Instant Cocktail Mixes anyone can mix a perfect cocktail as easy as one, two, three. No other mix, liquid or dry, comes close to the fresh, delicious tastes of Bar-Tender's Instant Cocktail Mixes.



Bar-Tender's® BRAND Instant Cocktail Mixes.

PPG Solarcool® Bronze glass tames the blazing summer sun. And air conditioning costs.





With all of its windows and sliding glass doors glazed with PPG Solarcool Bronze reflective glass, this Florida home looks perfectly beautiful.

But it's on the inside that Solarcool pays off. By reducing glare and heat gain from the burning southern sun, this newest PPG residential glass can save up to 20 percent on air conditioning costs. That's compared to clear glass and is based on a PPG computer energy analysis. Comparable savings can be obtained in other locations.

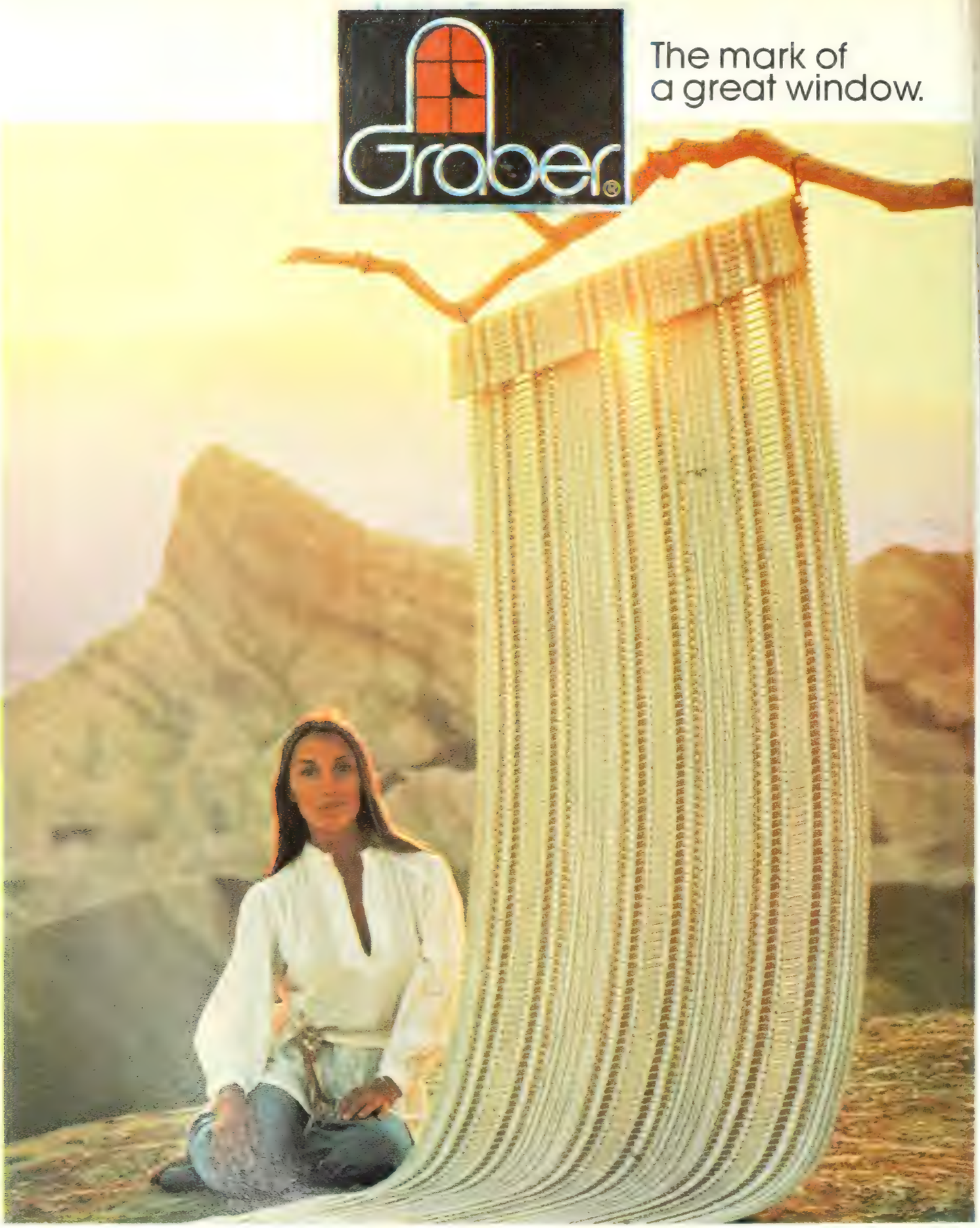
In the daytime the glass reflects the lovely Florida sky and water. Even more important, it sharply reduces visibility from the outside, so people inside enjoy comparative privacy. And ultraviolet light, a major cause of interior fading, is cut way down.

If Solarcool can tame air conditioning costs in Florida, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. H-311, One Gateway Center, Pittsburgh, Pa. 15222.

Bent Tree Development by
The Babcock Company, Coral Gables, Fla.

PPG: a Concern for the Future

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INDUSTRIES



Patterns of the earth. Shifting desert sands. Canyons of the moon. Cloudbound forests. Powder-capped peaks. We've captured their essence in roughhewn woods, homespun yarns and the weaver's art. Earthscapes for windows. Remarkable woven wood shades. A complete collection fine enough to wear the Graber mark. The mark of a great window. Look for it.

Graber
The mark of a great window

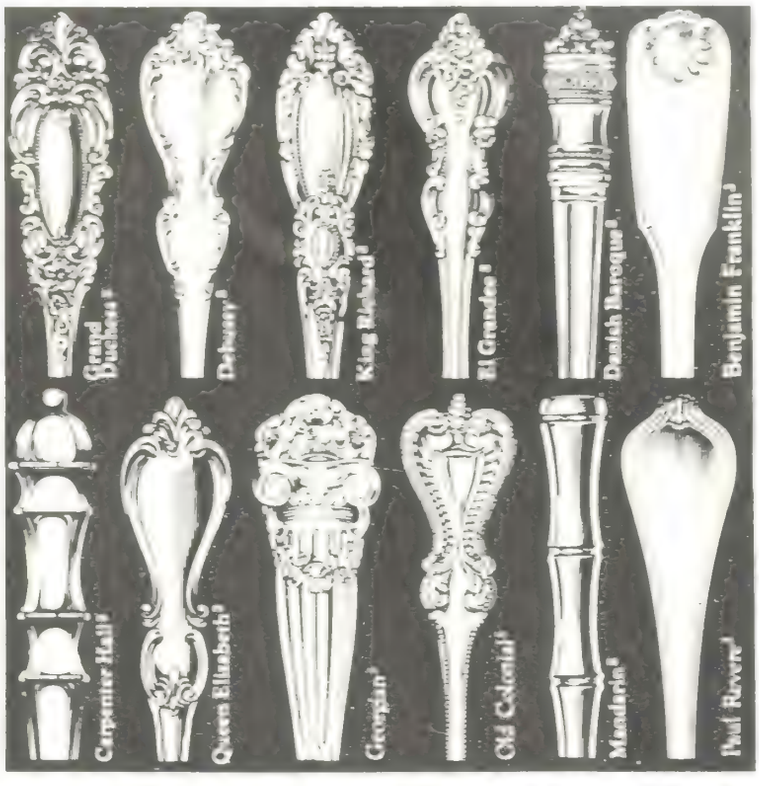
1977 Graber, Middleton, Wis.
A Consolidated Foods Company responsive to consumer needs

34½% off on Towle Sterling

WHEN PURCHASED IN 32-PIECE SETS . . . 40% OFF ON TEASPOONS







ET	GROUP I		GROUP II		GROUP III	
	Reg. Price	34½% Off Price	Reg. Price	34½% Off Price	Reg. Price	34½% Off Price
8-Pc. Set	$1[illegible]	$[illegible]	$1[illegible]	$[illegible]	$[illegible]	$[illegible]

LACE PIECES	GROUP I		GROUP II		GROUP III	
	Reg. Price	33⅓% Off Price	Reg. Price	33⅓% Off Price	Reg. Price	33⅓% Off Price
aspoon, 40% off	24.00	14.40	28.00	[illegible]	[illegible]	[illegible]
ace Fork	40.00	26.66	45.00	30.66	[illegible]	34.66
ace Knife	37.00	24.66	41.00	27.33	45.00	30.00
ad Fork	35.00	23.33	40.00	26.66	45.00	30.00
ace Spoon	35.00	23.33	40.00	26.66	45.00	30.00
reader	24.00	16.00	28.00	18.66	[illegible]	[illegible]
ed Bev. Spoon	31.50	21.00	36.50	24.33	41.50	27.66
ace Fork, Large	48.00	32.00	56.00	37.33	[illegible]	[illegible]
ace Knife, Large	42.00	28.00	48.00	32.00	[illegible]	[illegible]

ERVING PIECES

Butter Serving						
Knife (H.H.)	24.00	16.00	33.00	22.00	[illegible]	24.66
Cold Meat Fork						
Buffet Fork	72.00	48.00	80.00	53.33	[illegible]	56.66
Gravy Ladle	72.00	48.00	80.00	53.33	[illegible]	56.66
Pie or Cake						
Serving Knife	35.00	23.33	40.00	26.66	45.00	30.00
Sugar Spoon	[illegible]	24.00	40.00	26.66	45.00	30.00
Consommé	66.00	44.00	75.00	50.00	85.00	56.66
Tablespoon, Pierced	66.00	44.00	75.00	50.00	85.00	56.66
Hostess Set 6-Pc.	341.50	227.66	383.00	255.32	427.50	284.97

Hostess set includes all 6 of the pieces shown, above, with an allowance [illegible]
Partial listing only shown. Complete sale price list available upon request.

Towle sterling is the ultimate—unmistakingly the finest. Carter's is one of America's largest and most respected silver dealers. Order direct, during this special offer and save! Your money returned if you are not completely satisfied. Teaspoons 40% off and all other open stock 33⅓% off. We pay all shipping costs. Free chest with $250 order. NO SALES TAX unless Mississippi resident.

FREE ENGRAVING. One initial engraved free on each piece if desired.

24 MONTHS TO PAY Without finance charges.

You can buy your Towle Sterling on our Silver Club Plan. Nothing down. 24-equal monthly payments ($5 min.). The deferred payment is the same as the cash price. The cost of credit is [illegible] in the price quoted for the participating offerors.

Carter's DIRECT MARKETING

Attn: Ms. Jane Lee P. O. Box 125
711 High Street Jackson, MS 39205 Phone 601 354-3549

I [illegible] the following [illegible] PATTERN, using the method [illegible]
Pattern Name _____

No. of Pcs.	Name of Piece	Unit Price	Total Price
		$	$
		$	$
		$	$
	[illegible]	$	$

Name _____
Address _____
City _____ State _____ Zip _____
☐ Check enclosed for the full amount. (Miss. residents add 5[illegible])
☐ Charge my account number _____
☐ Master Charge No. _____
☐ VISA No. _____
☐ American Express No. _____
☐ I wish to pay on the Silver Club Plan
Check Style [illegible]
(Fill in the following information only if you are using Silver Club Plan)
Credit References _____
[illegible]
We pay shipping costs (No sales tax, unless a Miss. resident.)
Satisfaction guaranteed or your money returned.



FREE
SILVER CHEST!
- [illegible]
- Tarnish proof
- Holds 76-piece service

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Dominican Republic: Casa de Campo's guest villas

WINTER SUN
PLUS NEW BAGGAGE RULES

THE DOMINICAN REPUBLIC:
CAPITAL SIGHTS AND SEA SIGHTS

BY DEE HARDIE

The Dominican Republic, the oldest country in the New World, and the eastern part of the island of Hispaniola, is now becoming the New Resort in the Caribbean. As near as Puerto Rico, this country has cleaned up its politics and palaces, and is fluttering its eyelashes at tourists in a most provocative way. And for anyone looking for a stylish holiday with a southern exposure and a Spanish accent, the Dominican Republic is a lovely place in the sun.

Columbus discovered La República Dominicana in 1492, and in doing so found his son a job. Son Diego, married to María, niece of King Ferdinand of Spain, was governor in the early 16th century. If one of them came back to Santo Domingo today and stood on the corner of Calle de las Damas and Emiliano Tejera, they wouldn't know they had ever left.

☐ **SANTO DOMINGO: MUSEUMS, RESTORATIONS, A ZOO, A BOTANICAL GARDEN, A NATIVE MARKET**

In this capital city a covey of colonial buildings, 30 of them, have been handsomely restored—from the Alcazar, Diego's palace, now a museum, to La Casa del Cordon, the oldest private house in the New World, now a bank. Don't miss the huge electronic map of Columbus's four voyages in the Museum of the Casa Reales, the most recent restoration. Push a button to trace his first trip, drifting with trade winds and trust, bumping into the Bahamas. The second, full of confidence, as the Admiral now had charts. After you visit this museum and walk around some of his favorite streets, Columbus becomes *so* human, so much more than a one-day holiday in October.

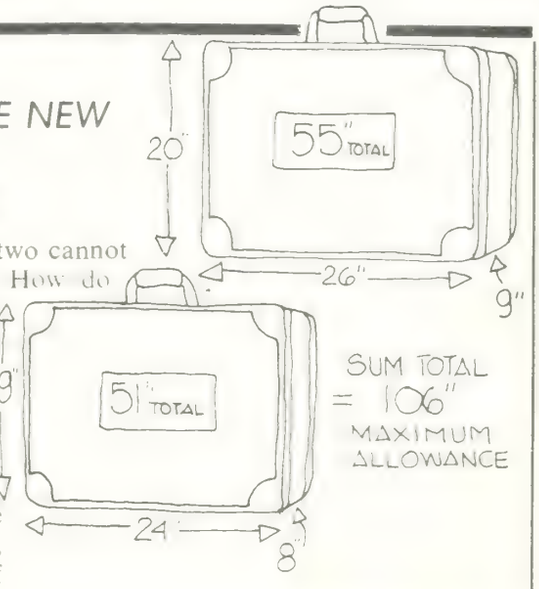
Encouraged by President Joaquín Balaguer, this new pulse has produced a lavish botanical garden in Santo Domingo, twice as large as New York's, where you can ride around in horse-drawn carriages, plus the 320-acre National Zoo—both opened last year. The National Theatre and Museum of the Dominican Man are also new.

(Continued on page 110)



Thatched decks shade Casa de Campo pools

WHAT EVERY TRAVELER SHOULD KNOW ABOUT THE NEW INTERNATIONAL LUGGAGE REGULATIONS



Forty-four pounds—in any way you cared to pack them—has until recently been the standard baggage allowance for international passengers traveling economy class on any airline. Last June, the concept of limiting baggage by weight changed. Now, when you're taking a trip on an American carrier anywhere outside the U.S., it no longer matters, within reason, what your luggage weighs. What counts is *how many* pieces of luggage you have and what *size* they are. (This system of how many suitcases you have, and not how much they weigh, has been in effect domestically for several years.)

Here's what to remember when packing for a trip. You may, on an economy ticket, check two suitcases and carry on a third. One of the suitcases may not exceed 62 inches and the sum total of the dimensions of the two cannot exceed 106. How do you measure your suitcases to know if they're appropriate sizes? Measure the length, width, and height of each bag to find out if they qualify. For instance, an average-size pullman case (a three-suiter for men) measures 26 inches long, 20 inches high, and 8 or 9 thick. A total of 55 inches. A slightly smaller pullman case (a man's two-suiter) measures 24 inches + 19 + 8 = 51 inches. The total dimensions of the two cases are exactly 106 inches. Extra suitcases under 80 inches apiece will be charged a flat rate according to the distance. For example, the charge for an extra suit-

(Continued on page 110)

WINTER SPORTS IN BERMUDA

One man's off-season may well be your ideal holiday. In Bermuda the "winter" season offers sixtyish-degree weather, perfect for golf and tennis. The island has 10 golf courses, 6 are 18 holes, one—the Mid Ocean Club—is world famous. Fourteen hotels offer free green fees, golf balls, and steam baths if you spend a week. Look them up in the Bermuda News Bureau's brochure, Take a Bermuda Break in Rendezvous Time. If tennis is your passion, choose a hotel according to its courts. The Rendezvous booklet lists 9 hotels with tennis weeks. (See page 122, booklet 15, if you'd like a copy.) The Southampton Princess, for example, has 11 courts, with 7 lit at night. Elbow Beach Surf Club offers 5 courts, a free tennis lesson, a can of balls, discounts in the tennis shop. Also write the Bermuda Lawn Tennis Association, Box 341, Hamilton 5, Bermuda, for a list of tournaments to enter. Reserve attractively priced one-week vacations by calling Eastern Airlines and booking airfare and accommodations through it. Eastern can get you a special price at more than 20 hotels in Bermuda.

The Cutlass Cruiser for '78.



It's a whole wagonful of good ideas.

One Big Idea.

"Design a wagon that's as beautiful and comfortable as a Cutlass, but as roomy and functional as a new mid-size wagon should be."



That's no ordinary assignment. So the new Cutlass Cruiser turned out to be no ordinary wagon. It looks like a Cutlass, rides much like a Cutlass Sedan, loads and carries like a wagon—it adds up to one big beautiful idea.

Two Easy-Loading Ideas.



This year the Cutlass Cruiser features a split tailgate. The window swings upward, out of the way. That means you can load the Cutlass Cruiser even when you're parked in tight quarters. Swing the bottom section down and you've got a loading platform. Great for furniture, flooring, groceries, gadgets.

Two Economical Ideas.

One for the highway, and one for the city—they're Cutlass Cruiser's EPA mileage estimates: 25 mpg highway, 18 mpg city, 21 combined, with available 260 V8 and standard automatic transmission. Your mileage, of course, depends on how you drive, your car's condition and its equipment. (Power train not available in California.) The Cutlass Cruiser is equipped with GM-built engines produced by various divisions. See your dealer for details.

25	MPG HIGHWAY
18	MPG CITY
21	MPG COMBINED

Four Ride and Drive Ideas.



We know how important it is for a wagon to be maneuverable in city traffic. So we shortened the turning radius...that's the first good idea. Parking and cornering are a pleasure.

To make the ride smooth took two more ideas—a new chassis and new suspension system. Once you feel how well they work together, you might forget you're in a wagon.

You probably won't hear the fourth idea. It's the quiet you'll experience. Quite refreshing.

Three Comforting Ideas.

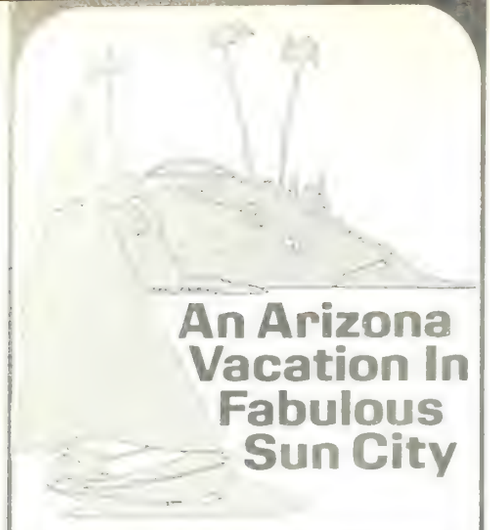


If a wagon's going to be as comfortable as a Cutlass, it's got to have room. So we increased the legroom and front headroom over last year's model. Next we added hiproom by recessing the armrests under fixed rear side windows. And, of course, the seats are full-foam and very comfortable.

Actually, the list goes on and on. But if you check out the '78 Cutlass Cruiser for yourself, you'll get the idea. A whole wagonful, in fact.

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Cutlass Cruiser
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The Dominican Republic
continued from page 108

☐ **THE MARKET**

Old and crowded and marvelous is the Mercado Modelo on Avenida Mella, the native market with the best buys in town. You will immediately be surrounded by Dominican boys with huge brown eyes. Let one or two hang around, as you might need them to carry away a rocking chair. These fruitwood rockers, similar to one given President Kennedy, are $35, knocked down and boxed, and in some cases can be checked along with your airline luggage. (Call American Airlines for specifics.) Reasonably priced, too, are bangles and bracelets of amber.

☐ **RESTAURANTS TO TRY**

Money talks easily here, as one U.S. dollar equals one peso. As taxis are cheap, only about 5 pesos an hour, move around to try the delicious Dominican food. For lunch try the *caracoles Ovando*, snails with pâté, and *gazpacho Andaluz* at the Hostal Nicolas de Ovando in colonial Santo Domingo. Rebuilt last year from the original 16th-century stones, this inn has charm and tradition and waiters in soft lavender Spanish costumes, all done so well that their subtle plumage seems most natural.

For more typically Dominican fare, taxi to El Lechón, Paseo Presidente Billini, a small outdoor restaurant overlooking the sea where you sit in thatch-roofed gazebos. Specialities are *Locrio de Longaniza*, yellow rice with Dominican sausage, and for dessert, sweet guava slices served with goat cheese.

A bizarre, bold setting is the Meson de la Cava, Avenida Sarasota. A limestone coral cave 50 feet below ground, a stairway winds down around a giant fig tree taking you to a series of grottoes, where you can dine and dance. Or if you are a movie buff, Latin style, there is the Cinema Centro, Avenida George Washington, where *six* movies (Spanish subtitles) are shown simultaneously. Part of the complex, the new El Viñedo is a fine restaurant for wine, cheese, crêpes.

☐ **WHERE TO STAY**

For pure pleasure, stay at the Hotel Santo Domingo on the sea side of Avenida Independencia. A huge yellow hacienda with white canvas awnings like jibs under full sail, this hotel is a dream, and a dress designer did it. Native son Oscar de la Renta (with the assistance of Robert Perkins, of New York, and King Lippert, and Robinson, of Florida), has created a dining room reminiscent of the Alhambra in Granada, as well as a vast veranda room that makes you think you are at the Raffles Hotel in Singapore, even if you've never been there. The lovely young waitresses wear Oscar de la Renta ruffles like other fashionable women the world over.

☐ **CASA DE CAMPO: RESORTS AND SPORTS ON THE SOUTH COAST**

Although you can swim on the beaches of Santo Domingo and every new hotel has a pool, for a more sporting life drive to Casa de Campo, a scenic hour and a quarter from the city, on the Costasur (south coast). Here you find a village of luxury and sport, again the interiors were designed by Oscar de la Renta. The golf course curves by the coast, a buckboard wagon carries you to the beach, tennis is on nine new clay courts, polo is played in a nearby meadow. Fish, sail, or simply collapse contentedly by the pool. A refreshing house drink is *morir soñando*. To make, mix well but do not blend, 1 cup of milk, ½ cup of orange juice, sugar to taste, a drop of vanilla. Serves one tastefully.

☐ **HOW TO GET THERE**

American Airlines flies nonstop to Santo Domingo from New York: Dominicana flies from New York, Miami, and San Juan.

☐ **WHAT-YOU-NEED**

Proof of citizenship, a $2 tourist card obtained from your airline, and a $3 departure tax permit when you leave.

Luggage regulations
continued from page 108

case on a trip from New York to London is $35.

Carry-on luggage must also be measured. It can't be more than a total of 45 inches and the case must fit—on its side—under the seat in front of you. That means a case can't be more than 9 inches thick.

In addition to normal luggage, things like skis, bikes, musical instruments are being handled in special ways and you should call the airline in advance to find out what to do. (For example, precious musical instruments often ride for half fare in the seat next to you.)

TWA has an excellent new brochure available at ticket offices and airports called "What Every TWA Passenger Should Know About Baggage." It includes information on first-class and economy baggage, what to do with oversize pieces, international and domestic requirements, plus what to do with firearms, sleeping rolls, guitars, etc. *Caution:* Not every airline, and not every country around the world has changed to the new system. Therefore if you are traveling to Europe on TWA, PAN AM, or British Airways, for example, your luggage will leave this country on the piece system. But if you stop over in a country that does not observe the piece system, or if you change to a carrier that does not honor the piece system (some international carriers are on the piece system internationally but revert to the weight system for short domestic flights), you may find yourself paying overweight. To avoid this, check each airline you will be using to see what its baggage rules are and if they will vary in the course of a many-stop trip. To be safe, pack only 44 pounds. N.R.

More winter sun, page 114









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MORE WINTER SUN IN THE YUCATAN

Famous archaeology with serene sunny Cozumel for a base

BY TOM COOKE

There are several ways to arrive in the Yucatán. You can fly directly to the windmill-dotted capital city of Mérida which is inland, or fly to one of the two resort islands, Cozumel or Cancun, just off the Quintana Roo coastline.

We chose Cozumel for its solitude, deciding it was an ideal place to wind down. There are only a few hotels to choose from, all of them located along the leeward hotel row which stretches a few miles east and west of the only town. The Cozumel Caribe, where we stayed, is literally planted in a stand of coconut palms on a beach where Cortez may have first set foot in Mexico. Some of these palms remain in halls and public rooms, with their frondish crowns peeping through the thatch of the roofs. The most exciting event of the day is watching the overripe pomegranate-of-a-sun settle its fiery bulk into the Caribbean.

Island Excursions:

There are no gambling casinos and no nightclubs, though the hotels have discos, which don't intrude on an evening's peace. There's an aquarium (look for the conch-shell graveyard on the left) and a protected lagoon for amateur snorkeling. The waters around Cozumel are said to be among the clearest in the world. Black coral grows here, which local hawkers won't let you forget. It is possible to arrange for scuba diving and snorkeling, or to rent a car or a motor bike to tour the island. But, except for the beaches, there is little to see and the limited shopping is expensive.

☐ **THE MAINLAND**

Having rested and sunned for a few days, we took the ferry to the mainland—about an hour's trip. There are many Mayan sights to see, among them the seaside fortress of Tulum (an easy day trip from Cozumel) and the inland archaeological sites of Chichén-Itzá, Uxmal, Kabáh, Sayil, Labná, Campeche. We decided to go to the most famous—Chichén-Itzá and Uxmal. There are many ways to get there: Taxis are available at the dock, or your hotel can arrange a tour. If one wants to rent a car, Cancun has the nearest agency, an hour's taxi ride away. Buses operate from Cancun and Puerto Juarez to Mérida. The fare is about $5. And the bus stops at Chichén-Itzá along the way. Take a first-class bus, which stops less often than the second class bus and is usually air conditioned. If you rent a car, gas up before departure, for there are NO gas stations except at Valladolid. Unfortunately, the drive runs through monotonous jun with Kansas-flat roads. Occasionally, passes a tiny village and a turkey or t or a cow lying in the road (especiall night). Look for the thatch-roof adc walled Yucatecan cottages or a wor wearing a crispy white flower-borde *huipil* as she walks to the local mill w a bowl of corn on her head.

☐ **PYRAMIDS AT CHICHÉN-ITZÁ**

Plan to spend at least a full day h (two would be better), for there many sites to see. The first, and most posing structure is *El Castillo,* wh seems to grow from its brooding jun setting. There are 364 steps (91 or side) on this partially restored pyram and you can climb to the temple the top, providing you're as deft as mountain goat. If not, there is a chain hold onto. The Mayan pyramids are g erally not funerary as are their Egypti cousins, but were built for religious ce monies. Inside this pyramid, climb up steps to see the red jaguar throne glea ing with eyes and spots of jade. To t left of the *Castillo* is a well-restored b court. Here, the Mayans played a par cularly difficult game. Speculative h tory has it that teams of seven playe each whacked around a small, hard ru ber ball trying to get it through either two stone rings placed high on faci walls. Sometimes, the game would la for days until a lucky team scored. Th victors were rewarded with all the jewe ry from the spectators. The losers we rewarded with decapitation! The ring remain on the walls today.

The Temple of the Warriors is a tached at one end to the Plaza of th Thousand Columns. On top is a figure *Chac-Mool,* a supine stylized huma with an altar disc on his stomach. Tak a short walk to visit the sacred poo where sacrifices to *Chac,* the rain goo were flung into its watery depths.

The main highway divides the ruin On the other side is the astronomical ob servatory, named *El Caracol* for th snail-like staircase inside. Also to see *the Nunnery,* with a carved façade.

☐ **WHERE TO STAY NEAR CHICHÉN-ITZÁ**

An overnight stay at the exotic Maya land Hotel is a must. This turn-of-the century hostelry is set in a tamed jungle full of colorful birds, butterflies, and iguanas. You can stay in either the main building with its open-air tiled arcade and patios or in the thatch-roofed casitas dotted about the grounds. Each has wooden furniture with Mayan-inspired motifs, and is equipped with mosquito-netting bridal veils hung over each bed at night. (We encountered no buzzing beasties, but it was amusing to drowse comforted by these gauzy cocoons.) After a day's sightseeing, a swim in the flower-strewn pool is bliss. After dinner, sit in a rattan chair under a carpet of twinkling stars and be serenaded by the strumming guitars of mariachis.

Continued on page 118



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Crystal by Baccarat

Winter sun in the Yucatán
continued from page 114

☐ **UXMAL: FIRST LOOK FOR THE PYRAMID OF THE MAGICIAN**

The ruins at Uxmal, built at the zenith of Mayan culture, are considered the finest example of their architectural achievement. For a panoramic view go up the hill to the richly carved Palace of the Governor. Watch for the geometric-patterned frieze with the corbel arches—they are not true arches, being more pyramid-shaped. Because of the limitations of this arch, the Mayans were never able to design vast interior spaces. Consequently there are only a series of small rooms inside. From the palace one sees several partially excavated structures and mounds dotting the jungle landscape, perhaps containing other treasures. The Nunnery Quadrangle, four buildings that form a courtyard entered by another corbel arch, is decorated with intertwined feathered serpents and other motifs plus Chac masks with curved, jutting tongues on the corners of the buildings. In the evening, we went back for an eerie performance of Sound and Light. An interpretation of the old ceremonies used to evoke the rain, the performance seemed to produce the downpour that followed.

☐ **OVERNIGHT IN UXMAL**

There are several hotels available, but the most romantic is the Hacienda Uxmal. The arcaded, two-story building surrounds a flower-bordered turquoise pool and tropical gardens. The floors are laid with patterned, polished tiles. Here, as in the major hotels of the Yucatán, is a shop selling local items. Potters and weavers sit just outside the patio where they are working on what you will buy. Hotel food is often disappointing but there are highlights: *pollo pabil*—chicken steamed with fruit juices and seeds and wrapped in banana leaves—lime soup, fresh fruit, wines indifferent, beers excellent.

☐ **HOW TO GET THERE**

There are several ways to reach Cozumel, but few are direct. From New York, you can fly to Miami and connect there with a daily Mexicana flight which stops at Cozumel and Mérida. (Archaeology buffs may wish to begin their trip in Mérida, as there are many sites in and around this city.) Pan Am offers morning flights from Miami to Mérida on Wednesdays, Saturdays, and Sundays. From Los Angeles, Mexicana flies daily to Mérida, and also offers flights to Mexico City which connect for Cozumel three days a week. From Houston, Aeromexico takes you to Mérida daily, and stops at Cozumel on Tuesdays, Thursdays, and Saturdays. Both Mexicana and Aeromexico run daily flights between Mérida and Cozumel.

Note: Tourists entering Mexico must have a valid tourist card which is available, free of charge, from the airlines. Proof of citizenship required. ■

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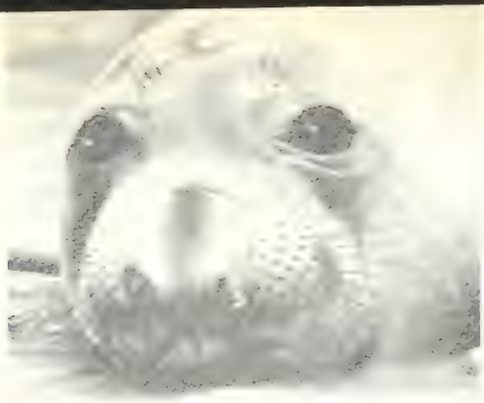
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2. For a complete, bilingual guide to the Dominican Republic, consult the Tourist Office's booklet **En Una Bella Isla del Caribe.**

3. Loew's Dominicana hotel in Santo Domingo: 316 rooms, restaurants that specialize in local cooking. Also: swimming pool, tennis, golf, rooftop nightclub.

4. Plan a tennis or golf vacation at one of Gulf & Western's resorts on the South Coast. **Casa de Campo** and **Hotel Romana** provide 4 swimming pools, saunas, a marina, 13 tennis courts, and an 18-hole golf course. In town, try Gulf & Western's newest hotel, the **Santo Domingo.**

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6. Visit Mexico City for 8 days/7 nights for as little as $107 plus airfare, or plan an American Fly/Drive vacation with unlimited mileage on a rental car. For a complete guide to Mexico, America, and the Caribbean, order American Airline's booklet, **The Best of American Airlines.**

7. Oceanview rooms, tennis, outdoor swimming pool, health clubs, babysitters on request—at **Santo Domingo's Sheraton Hotel.**

8. The Mexican Tourist Council has brochures for every state and major city in Mexico. Other guides include **Wonderful Mexico, Mexico Travel Handbook,** and **Mexico: Archaeology—Museums.**

9. Visit the world famous anthropology museum in Mexico City; shop for silver in Taxco; relax in sunny Acapulco. This is Aeromexico's **Heartland.**

10. You can spend six days and 5 nights in Mexico City, from $60 plus airfare; all part of American Express's and Mexicana Airlines's **Mexican Medley.**

11. Western International's **Camino Re** in Mexico City is a deluxe resort-hot with swimming pools, tennis courts, o 7½ acres right in the center of the city A few steps away: the National Museur of Anthropology.

12. American Express offers a week o Mexican sunshine, at package prices, a the new island resort of **Cancun.** Fron $295.

13. Follow an archaeological tour of th Yucatán using **Avis Mexico** as a guide drive from Uxmal to Mérida, Chichén Itzá, and Tulum.

14. Cancun's Club Med, located on a private peninsula, offers daily excursions to mainland Mayan ruins. Discover the Club Med lifestyle here or at any one of its 72 villages throughout the world, listed in the **Trident.**

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16. Swim, golf, or play tennis while enjoying the view of Fort St. Catherine at the **Holiday Inn Beach Resort** in Bermuda's historic St. George's.

17. Trust Houses Forte Hotels **Bermudiana** and the **Belmont** offer weekly sports programs, access to their private beach club, sightseeing in a surrey. You can: play tennis or 18 holes of golf, swim, sun on pink sand, shop, dance in all three Trust House Hotel nightclubs.

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19. Take a trans-canal cruise to Los Angeles from New York or Port Everglades: stop at Curaçao, Cartagena, Balboa, and Acapulco. This is one of the **QE2 Ten Classic Winter Cruises** which includes roundtrip airfare to and from your home city.

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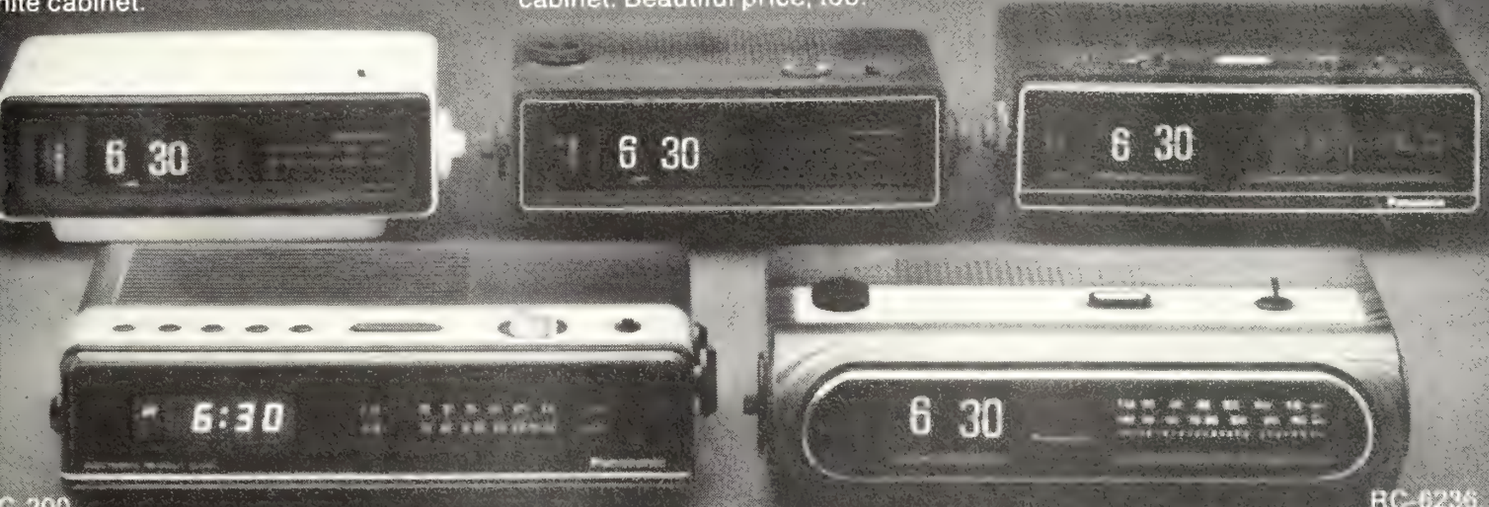


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Christmas Is A Time For Giving

A joyous season, a time for celebrations and festive get-togethers, of conviviality and hospitality extended openly to family and friends. Above all, it's a holiday that gives each of us the opportunity to express our caring by sharing the best of ourselves with others—whether it be through the planning of great parties, the creation of gala menus, or the selection of "just right" presents for everyone on our lists.

Gift-giving is, of course, a Christmas tradition. And so is the shopping that too often demands an unfair share of our time and energy. What gifts to give? To whom? How much to spend? Each of us must answer these questions as the holidays approach. But the generosity of spirit that prompts our giving need not be lost in a frantic whirl of last minute present hunting. How to cope? Plan ahead—and remember how much your bank credit card can help to simplify your shopping.

You'll find marvelous suggestions for original gift giving right here in this section. Look through it now for great ideas from the prestigious manufacturers listed below. Then collect your just-right presents at your leisure. Wherever you like most to shop, you'll find your Master Charge card is welcome and helping to make this your easiest, most pleasant Christmas shopping season ever.



Aprilaire Humidifier by Research Products Corporation
Arrow Fastener Co. • Chromcraft Furniture • Clayton-Marcus Company, Inc.
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HOUSE GIFTS

A gift for the house is a pleasure for everyone. Whether it's a new, wit-twisting, thoroughly addicting game, or a gift to scent the air, or a romantic present of flowers in a vase, house gifts contribute their mood to yours



New for Christmas, Counterstrike, a challenging new board game

GAMES PEOPLE PLAY

Video attractions, board games, pinball machines

BY ELLEN BILGORE

There's something for everybody from the toy and game manufacturers these days, whose rising sales (over 30 percent in the past year) indicate the American taste for all forms of home entertainment is virtually limitless. Anthropologists claim that games provide an outlet for our aggressive instincts, inhibited since the days when hand-to-hand combat became an unacceptable way to work out our problems. Psychologists maintain that all this game-playing is healthy, competitive fare. Children learn social etiquette and the politics of maneuvering through game-playing. And besides, games can be great fun.

Last Christmas in the TV sections of department stores curious crowds gathered to watch demonstrations of electronic tennis matches. Around seven million people bought one of these remote-control sets and happily fastened them to their TV sets. By toy and game standards, a revolution was in progress. When they first came out, the new video games had only one or two black-and-white game variations, generally Ping-Pong or tennis, maybe hockey. This year's machines are infinitely more intriguing than their predecessors. Most now come equipped with cassette space, so that tapes—each with up to fifty game variations—can be inserted in a master machine. Play may vary from chess to electronic baseball. Probably, one of the most interesting video sets is the **Bally Professional Arcade,** which contains two programmed games in the master set and also has a sophisticated, four-function, ten-memory printing calculator, capable of retaining financial records which flash on the TV screen. This electronic whiz works on the cassette system and costs $299, approximately, the optional cassettes from $19.95 to $24.95.

Continued on page 130

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Games people play
continued from page 128

One feature of today's video games that they can be speeded up with "handicap difficulty switch" which mak play more fun. The **Atari** game pan boasts an astonishing variety of gam within each of the six cartridges no available. Most of them are combat sit ations in which tanks, submarines, planes fire at each other. For tricki play, moving obstacles can be made interfere with a clear shot at the target— at the flick of a switch.

Some more inexpensive video-typ games don't require television hooku which is an obvious advantage if the should be a conflict in your group abou whether the TV set should be used fo legitimate program viewing or vide game-playing. **Code-Name: Sector** is on such game, developed by Texas Instru ments for Parker Brothers. The game in volves the movement of an invisibl submarine through 4,800 possible sec tions of a nautical chart. It costs $40 **Comp IV** is also a battery-operated com puter game. In this, the machine selects a series of numbers, ranging from three to five digits and players compete to discover the computer's selection. This costs $29.95 from Milton Bradley.

The wave of Star Wars-type gadgetry has not pushed conventional word and board games completely off the scene. **Scrabble** is still the leader in word-gamedom. Its unparalleled success has inspired a plethora of shortened, less complicated ideas for play with children or like-minded adult cryptophiles. Of these, the newest is **Boggle,** which consists of a grid, sixteen cubes with letters on all four sides, and a timer. The cubes are spilled onto the grid and players compete to see how many words can be formed from the given letters before time runs out. It's made by Parker Brothers and costs a mere $5. There are similar word games: **Spill and Spell** (Parker Brothers, $4), **Perquackey** (Lakeside, $3.99), and **Decipher** (Pressman, $8.) The object of the last is to decode your opponent's secret word.

In board games, it's tough to beat a tried-and-true winner like **Monopoly,** so most of the manufacturers haven't even tried. They've simply used the premise and spun off an amazing number of variations. Among them, are the **New York Scene** by Groovy Games. $12, in which the players grab for power in typically urban ways, through politics, theatre, unions, and try to develop property like Maxwell's Plum. The **L.A. Scene** is the West Coast version of this game and based on the power play in the movie business. Then there's **Petropolis,** which is oriented on the export of oil. Every time you go through Geneva you collect half-a-million Petro-dollars. This Pressman Toy is priced at $16, though

Continued on page 132

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Lederer in New York has several $600 limited edition sets with gold-plated brass playing pieces and a list of all the Middle Eastern heads of state to whom comparable sets have been presented.

For backgammon and dominoes aficionados who've had enough of playing it straight, there's **Backgammon in the Round** and **Tri-Ominos,** more inventions from Pressman at $50 and $6 respectively. Jacqueline Kennedy Onassis, searching for a substitute, was pictured recently playing a new backgammonesque game called **Counterstrike.** It has the same counters as backgammon, the same doubling cube, and a similar attaché case gameboard for the expensive $50 version. A less luxurious boxed set by Essex Game Company is available for $12.95.

If you're a busy hostess, restless weekend guests can be taken care of with still other notable attractions. The **Gnip Gnop** is a no-warp Ping-Pong table (polyethylene bonded to an aluminum core), which you can safely leave outside in all weather. Abercrombie & Fitch have it for $300. Or you can follow the trend recently set by a dart-mad rock star and get your house a **custom-made dartboard** with 18-karat gold wires from Cartier. Or you might invest in a home pinball machine. **The Superstar, Skate King,** and **Cosmic** feature flippers, bumpers, and all the other excitements that keep shooting galleries in business. The machines are said to be jam-proof, and can be assembled with tools owned by anyone who is handy about the house. Each of these electrically powered fun-dispensers sells for slightly under $300. They're made by Briarwood Division of Brunswick Corporation.

After all these, if you still have some time left on your hands, you can always try gin rummy. ■

PUT CHRISTMAS IN THE AIR

Gifts of fragrance to make your house festive

BY PAULA RICE JACKSON

The holidays are always visually exciting—there's so much to go out and see! But have you ever thought about how much your holiday experience has to do with aromas? Or what a major role scent plays in your memories of holidays past? Think. One of the loveliest and strongest impressions on entering a house is the scent in the air: the fresh pine that's just been brought in for decorating, the

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Sold at all leading Hardware, Home Center and Discount Department Stores everywhere.

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smells of baking and cooking. There are lots of presents of fragrances that you can make or buy to add some scents that will last well into the year.

Flowers are, of course, one of the first things that come to mind. You might however give a bush to plant near a window or a terrace/deck where spring and summer breezes can waft its fragrance through the rooms. A *Virburnum carlesei* would be an excellent choice as would a small orange tree or gardenia bush if you live where the weather is warm and humid. Smaller plants like herbs and spices would also accomplish the same thing. Put together a small window box of mint or basil and suggest to a friend where it might be put to take advantage of the fragrance. You might also give a large bouquet of roses with a note attached describing how to hang them upside down where their fragrance can be appreciated while they're drying. Potsful of paper-whites or hyacinths also give a room a lovely scent. You might write the Caprilands Herb Farm for its catalogue of bushes and plants to grow for drying. Order an extra for a friend!

Potpourri in all its manifestations is a delight. One favorite is "Agraria" which comes from San Francisco. Its top-note is slightly orange and two or three cinnamon sticks are always laid across the top layer of the mixture. It comes in zebra-striped boxes and costs from $8 to $20, the larger size weighing in at about 14 ounces. "Agraria Air Essence" gives rooms just a hint more fragrance. A copper ring on a light bulb gets dabs of concentrated liquid, and the heat of the bulb disperses it in a subtle and effective way. "Agraria" potpourri, $15 a set, and the copper ring at Henri Bendel.

"Wildflower" is the new blend from Rigaud. The potpourri is slightly sweet and quite spicy, comes in a 4-inch-square plastic box, and will cost about $15. The new scent has also been translated to a candle in a periwinkle blue. Rigaud's classic "Sea Moss" scented candles come in their own glass holders, cost from $10 to $35 each, are tinted deep blue or green, and seem to last forever. For a lighter version of the "Sea Moss" there is also the "Loaf of Soap" which comes with a small cutting knife. You might whip up some little quilted satin evening bags and slip a small piece inside for each one of your friends. Soap's $15 for about a 5-inch-long bar. Rigaud candles, potpourri, and soap are at Dorso.

More pretty **scented candles in pretty containers:** heart-shaped porcelain boxes filled with "Réplique" scented candles. The boxes are gaily painted with yellow, red, and blue flowers and would be very pretty to add a potpourri to later. One wick costs about $9.50 and there's a larger two-wick size for $12. Country crocks that hold up to four wicks-worth of "Aliage" scented candles come from Estée Lauder. The color's a butterscotch

Continued on next page

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Christmas in the air
continued from preceding page

with a rough, rustic finish and costs about $25. Smaller sizes with one or two wicks cost $10 and $17.

Though intended to be **bonbonnières** there are two very small and delicate pieces by Cybis that would hold potpourri too. One is a porcelain scallope shell with an open font, the other is heart shaped with a pierced porcelain lid. They come in pale blue and pink for about $50. Mrs. Ford loved to give them for personal thank-you presents during her stay at the White House. Cybis bonbonnières are at Neiman-Marcus and Bonwit Teller.

Scented flannels and drawer lining paper give a special lift to everything from sweaters and scarves to blankets and linens. Porthault has a scented flannel for $14, scented sachets for about $10, and will have a scented candle just about Christmastime. Porthault also has a cologne to wear called "Porthault," which is light and refreshing. Another flannel comes from Lubin. Its scent is less floral, more woodsy, and it costs about $16. Lubin scented flannels can be bought at Livingston's. Drawer lining paper with the fragrance of "Aliage" comes in six sheets wrapped into a narrow cylinder and could certainly be eased into the top of a Christmas stocking. The paper is $10 and is also available in "Youth Dew" scent, six sheets for $8.50. Both by Estée Lauder.

Caswell-Massey, America's oldest pharmacy, is a treasure-chest of **scented finds.** Nostalgia is part of the attraction of everything that comes from there. An old English firm, Taylor of London, has a group of sachets packed in envelopes that hang in closets like a pomander. Each one is printed with an old-fashioned flower drawing, $7.50 each. Caswell-Massey also has many blends of potpourri and is famous for its wide variety of scented soaps. C-M's catalogue is a delight and another one you'll want to have friends in on. It contains a complete listing of all scented specials you can get through mail order. The price of the catalogue, $1. Write the Caswell-Massey Catalogue Order Department.

Another place to look for **romantic, old-fashioned sachets** is Cherchez! One of its specialties is tiny sachet-filled lace pillows, some no larger than a Christmas tree ornament. They are made with white cotton, edged with lace and ribbons, and sometimes have delicate appliqué work in them, too. Their price depends on their size and they run from about $4 to $40. Something new from Cherchez! is "Environmental Perfume," a rich oil to use as a revitalizer for aging mixtures of potpourri. It can also be rubbed into wood —an antique box or the inside of a furniture drawer. One-quarter ounce, enough to last quite a while, costs $5.50 ppd.

Continued on page 136

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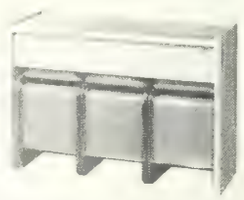
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Some ConvertaBars feature cane or wicker access doors to cover stools when used as a bar.

Two and three stool models available.



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Another **scented pillow** comes from Norell. It's about 6 inches long and has a generous ruffle around its edge. The pillow is bright white cotton with dark gray lettering in the middle spelling out Norell. If you have friends who travel during the holidays, the small baby pillow would be a lovely addition tucked into a suitcase or trunk. About $12.

Remember that many **soaps** have fragrances strong enough to scent a small room. Just take the wrapper off and voilà. Gil Ferrer's "Calda de Montbury" is one of them. It's one of the most delig floral scents to be found. ppd. Almost every fragi comes in a perfumed form and Christmas is time when **containers scents** are special and pretty. One is a powder sh that holds either "Blue G or "Memoire Cherie" by abeth Arden. The sh shaped like an antique n neer, is handpainted porc and is covered with tiny or pink flowers. They're $ each. ■

TWO-IN-ONE IS LOTS MORE FU

Flowers and what to put them in

BY PAULA RICE JACKSON

Do you love to give flowers? To receive them? Flowers do have a special feeling about them when you give them as gifts during the holidays. Have you thought about giving a container for them as well? Anything that holds water can hold a flower. Well, almost. Blossoms can be snipped to float lazily in a beautiful porcelain or silver dish, wildflowers look perky tucked inside something as practical as a cream pitcher. Here are some more ideas for you to consider if you're thinking about a gift of fragrant flowers.

Wildflowers or flowers with fine, delicate stems like daisies or asters look wonderful massed together, especially when they're put in **a vase that lets the stems show through.** A mere slip of a crystal vase that looks like an envelope without its flap, measuring about 4 inches high and 4½ inches wide, is just the right proportion for small flowers. It's called "Ovalis" and comes in clear or opaque white glass, called "opal." The vase, made by Iittala, is $19 and may be ordered from The Museum of Modern Art Gift Shop. Another Iittala piece is a vase that doubles as a decanter. It stands about 6 inches high, has a generously wide mouth, and holds enough water or wine for a modest g or two. It comes in clear c tal or a bottle green with cl crystal on the bottom, wh is rippled and textured. from the Toukokuu collect designed by Tapio Wirkk and costs about $12 at Cr and Barrel.

"Botanica" is the name o group of cookware and d nerware made in Luxembu It has the most beautiful har painted flowers with th names written in old-fa ioned painted script and loc ing remarkably like those wo derful botanical prints. The are **two pitchers with ranu culus delicately painted them** that would look sup filled with the real thing. O has a pewter cover, $45, a would be appropriate for ser ing hot beverages like coco The other has no cove $22.50. They're by Villeroy Boch and are at Mayhew.

A classic container for single flower, traditional considered to be a ros though you could use almo any long-stemmed flower, the sterling silver, fluted bu vase. Gorham makes it three sizes, 6, 8, and 10 inche tall, and they have a wide li and flat base. They cost fro $22 to $36 each.

You'll have to act quickl

Continued on page 13

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72.

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to **make your own containers.** Tiles, five of them, make very pretty planters. Depending on the size of the tile you choose you can grow practically anything right on a countertop. A simple mortar puts the pieces together.

There's a new variation of the **Oriental ginger jar** in crystal—all flow and shape. It's 8 inches tall, does not have a cover, and would be a perfect container for tall, straight-stemmed flowers like chrysanthemums. $25 by The Lenox Crystal Gallery.

Hyacinth vases with plump, rounded bulb and a narrow neck, come in five colors from Svend Jensen of Denmark and they're made by Holmegaard. They're only 4 inches high, have either smooth or rippled surfaces, and look the prettiest in clear or a slightly smoked gray. $5 each at Rosenthal Studio Haus.

"Flower Garden" is a **flower sculpture.** It's made of thin, narrow crystal tubes that lie flat on a table with all their ends turned up to receive a single blossom in each. The piece holds eight flowers, but if you use tiny ones, you may be able to get two or three into each little tube. The whole thing measures about 11 inches wide so you can use it for a centerpiece. $15 by Caspari. Another interesting piece from Caspari is something called "Floralabra." Right-side up, it's a free-form of crystal, slightly egg-shaped on a very large scale, say 12 inches high, into which a hollow is recessed to hold flowers. Turn the piece upside down and that same small hollow becomes a receptacle for a round, squat candle. Three would be quite dramatic—two candles with a bouquet in between. "Floralabra" is also $15. Both pieces are at The Side Door.

What about **containers for dried flowers**? This idea is about as nostalgic as some of the arrangements. Why not look for old lanterns or antique gaslight boxes that once covered streetlights? There are also some that are new and look very authentic made by Antiquity Handcrafted Artifacts. They are made from copper and tin-coated iron, handrubbed with oil until they have a patina, and are wired for electric lights or are left with simple candle-holders inside. If you're an antiques buff you might want to look for the old candle molds. They come with 2, 4, 5, 6, 8 candle hollows, which you could just as easily fill with flowers for a very modern look, a good contrast with that old metal. Sciver's has a wide selection of the lanterns.

Limoges porcelain is famous for having some of the prettiest handpainted floral designs in the world. But here's a **pure-white porcelain Limoges breadbasket** that would be charming if you took some flowers and laid them down inside it. The basket measures about 7 inches long, has a porcelain handle with

Continued on page 142

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72.

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Model 2385 Illustrated

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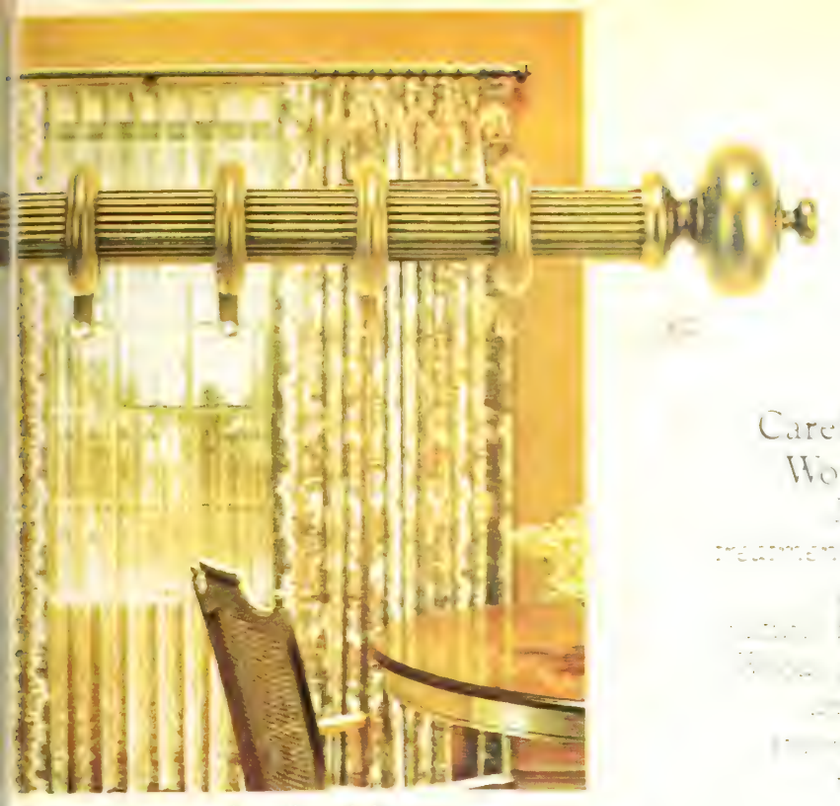
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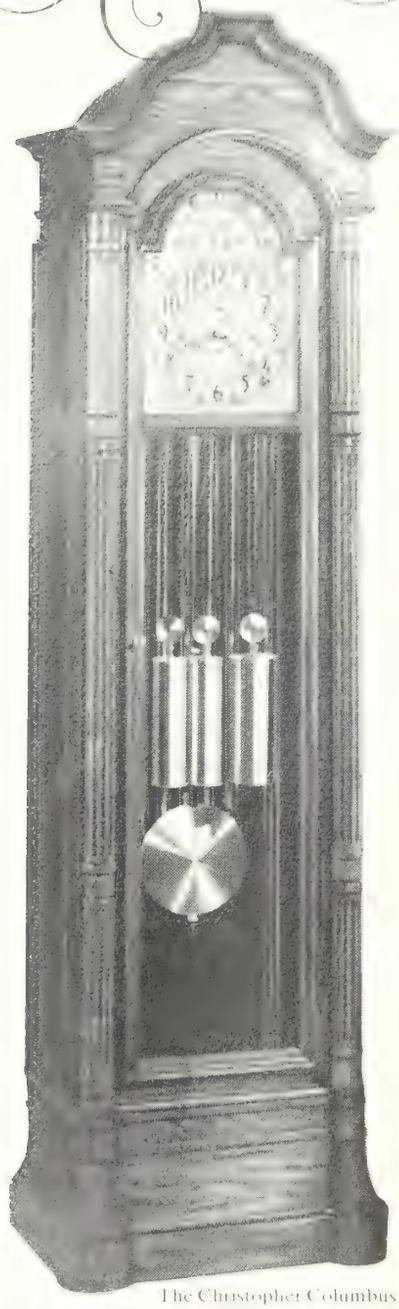
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The Christopher Columbus

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Gold medal winning clocks

a ribbon tied around it. It's part of a small collection of porcelain "country" inspired objects made by hand in France. The breadbasket costs about $18 and is available at Accents & Images.

Now for something even more lavish—Lalique is traditionally a famous designer of **magnificent vases for flowers.** Some of its new ones have flowers and leaves of colored glass on the outside of the vases. For example, one very full and rounded, narrow-neck vase in clear crystal has violet or amber flowers wreathed around the neck. Called "Atossa," the vase stands about 9 inches tall, would hold an impressive bouquet, costs about $314, and is available at C.D. Peacock.

Those **matched sets of pots, jars, or canisters** that you put sugar, rice, flour, and tea bags into are another possibility for flower vases. "Daffodils" is a set of four large-ish jars in the graduated sizes we're accustomed to seeing. They're gaily painted with large orange and yellow daffodils and would certainly add a cheerful shot of color wherever you placed them—full of flowers and neatly lined up on a countertop or shelf. $30 the set of four by Fitz & Floyd at Marshall Field. Another set is called "Satchel" and is one of the handsomest around. Also a set of four jars, these are pure white with a very dense basket-like weave in a somewhat matte finish. The texture of the jars brings out the nubby, woven feel of each piece. They're $25 the set by Toscany and will be at many department stores and glass and china shops across the country.

Real baskets to put flowers or plants in: very long-handled noodle baskets imported from the Philippines. The handle measures about a foot long and is narrow and quite graceful, while the basket is a hollow recess for scooping up the pasta. Two or three placed along a wall in descending or ascending order and filled with vine-like or very brightly colored plants would be exciting. They're about $3.75 each postpaid, to order, through Harriet Amanda Chapman.

Lacquered baskets from mainland China are another interesting type to consider, especially for plants. Their finishes and weaves blend and contrast beautifully with the greens and yellows of many house plants. The colors are for the most part in the tortoise to reddish-brown with occasional pieces in bright yellows. Though the lacquers are highly water-resistant, line the insides with foil to be sure that water won't dampen the reeds, grasses, and woods the baskets are made with. Burdines has one of the largest selections.

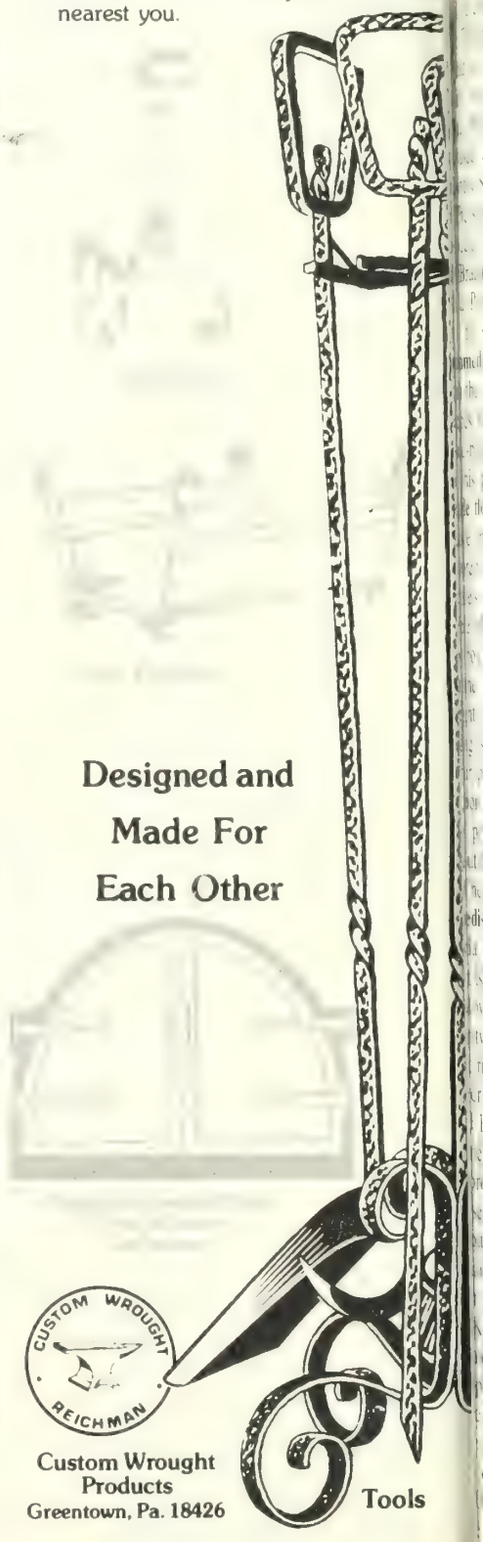
Two beautiful new pieces of **sandwich glass** have been added to the group of exquisite Early American reproductions at the Metropolitan Museum of Art in New York. And both would be lovely for

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72.

REICHMAN

FIREPLACE EQUIPMENT

The beauty of any fireplace is not only in its design, but in the tools screens and accessories that set it off. Shown here are a few of Reichman's many early American designs crafted in wrought iron, and made to surely increase the attractiveness of your home. Ask to see the Reichman line at better fireplace equipment stores, or write today for the one nearest you.



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...s. One is a celery vase that stands ... inches high and has a molded diamond ... pattern all over it. It's perfect for ... sticks, thick-stemmed flowers and ... celery stalks. $28.50 [illegible]. The ... piece is called "The Hat" and it is ... a hat—a beaver hat translated into ... Fill it with pansies or sugar. It's ... 3¾ inches high and costs $12.50. ... Both designs come from the [illegible] ... you can order them through the ... politan Museum of Art Gift Shop, ... Hilton-Armetale, well-known for its ... fine metal dinnerware, has a drinking ... set that [illegible] ... is 6-inches tall with straight sides ... strong, very plain handle. It is free ... decoration with almost no lip or base. ... The effect is clean and quite masculine. ... Filled with black-eyed Susans and ... set on an outdoor [illegible] ... it looks both charming and ... right. When it isn't filled with flowers ... used as a tankard. $16 at Crate ... Barrel Store.

...e single blossom arrangement [illegible] ... special delight that was brought forth ... Brazilian flower designer Ronaldo ... Part of the success [illegible] ... to some **beautiful, long, narrow** ... med bottles that he designed for ... the flowers. There are five sizes and ...es to choose from and they're all ... blown crystal. Write Ronaldo Maria ...his price list. **How do you wrap a ...e flower?** Ronaldo puts the crystal ...e into a flat straw box and packs ...red tissue paper firmly around the ...e's base. Then he takes a whole ...t of colored paper and slips it under ...box bringing the end up over the top ...he flower and ties the ends with a ...ntly colored ribbon. Then the whole ...g is picked up and put into a large ... plastic bag and tied with another ...on. The package is as intriguing as ... present! Your flower, fragile and ...utiful, arrives safely.

...here are many beautiful pieces of ...dish crystal to choose from at Kosta ...a. One is an unusual U-shaped piece ... is called "Freesia Vase." The "U" is ...ow so the long stems of freesia have ...ty of room to curve in. The shape is ... right for two blossoms to face each ...r. The vase is $19.50 and is at Crate ... Barrel. For thick, rich bouquets of ...e weight a heavy cut-crystal vase is ...ropriate. One of Kosta's is the "King ...e" which stands 8 inches high and is ...ut ½ inch thick; the edge cut in ...ll flutes, looks like a five-pointed ... The vase is $132 at J.W. Robinson. ...Katherine De Sousa has designed ...e two-piece flowerpots that divide in- ...pot and base. But when they're placed ... on the other the eye is fooled and ... pot looks solid. The trick is that the ...de color spills over the lip of the pot ... matches exactly a shadow between ... pot and its base. The shadow ends up

Continued on page 220

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Who could make light of themselves better?

How to have a marvelous make-ahead Christmas

Now that we have anything against a little holiday hustle and bustle: in fact a certain number of crisp December evenings spent shopping to the sounds of carols and bells helps get us into the spirit.

But to leave everything until the last minute is to cheat yourself out of a good deal of pleasure. Baking bread, for instance, could be an enormous chore three days before Christmas, but a bread-baking party in early November not only gets it all baked and frozen ahead of time, but gives you a wonderfully enjoyable afternoon with friends as well. Planning ahead saves you money, too: Produce in season now can cost twice as much in December. And some things *must* be done now or not at all, like gathering herbs for vinegars and pillows, vines for wreaths, and forcing bulbs for holiday flowers.

And there's something to be said for serenity, too, which is what Christmas is supposed to be all about. Perhaps you've heard the Italian legend of the Befana, who was so busy cleaning house on the first Christmas that she didn't have time to go with the three kings to the manger. An apt patron for all of us who get so involved in the preparation that we miss the main event.

So if you're among the millions who resolved last Christmas that "Next year we're going to be Organized," take heed: Next year is almost here. And rejoice! This issue is full of ideas to help, inspire, and encourage you.

FOR A HONEYSUCKLE SHAPE YOU'LL

Gather vines as soon as the leaves fall. Twist and weave them into a circle (wrapping around chair legs helps), let dry, decorate with a wide satin ribbon. If you have a bay tree, cut a couple of still-green, leafy branches, twist together, wire into a wreath to hang in the kitchen. Dried leaves can be plucked as they are needed.

CHESTNUTS...

are coming into the markets now, and can be had for lots less than you'll pay at Christmas. Five pounds of cooked chestnuts (slit, simmer until tender in equal parts milk and water, peel) give you enough to make turkey stuffing and sauce to put up and give as presents.

CHESTNUT SAUCE

Cover 2½ pounds cooked, peeled chestnuts with 4 parts water, 1 part sugar, simmer until nuts are soft and solution cooks down and browns slightly. Mash coarsely, put up in canning jars, flavor with brandy or rum. Delicious over ice cream, fruit, or pound cake.

YOUR CHRISTMAS CARD CAN BE A WORK OF ART

if you let your young Monets and Picassos draw a Christmasy scene and have the local printer turn it into cards. You can have 100 black-and-white line drawings for as little as $35; in one color, $45. Add about $5 for envelopes. But get your design to the printer early—the later you wait, the longer it takes.

STOCK UP

Make and freeze chicken and beef stocks now for soups and sauces later. Brown sauce, fish fumets, and vegetable-soup bases also freeze well.

YELLOW SQUASH SOUP

Sauté 2 onions for every 6 medium squashes. When translucent, add squash and 1½ cups chicken stock, simmer until fork-tender, puree, freeze. When you reheat, add cream and a little nutmeg, sprinkle with chopped chives. Also superb served cold.

GROW A FLOWER

Amaryllis take 8 weeks to force into bloom, like this: Plant each bulb in a pot of earth 1½ inches wider than itself. Put in a sunny place, keep watering. Paperwhite narcissus, said to bring good luck for the new year if they bloom on New Year's Eve, often take only 3 weeks to bloom. Keep bulbs in refrigerator, and, for a sequence of holiday flowers, take out a few at a time, anchor in shallow bowls of gravel and water, wait.

FOR FRIENDS TO TOTE PRESENTS HOME AT CHRISTMAS...

you can sew up a few sacks now. For each one, cut two 16-inch squares of muslin plus a strip 6 by 48 inches. Stencil initials on one square. Right sides together, stitch three sides of each square to the long sides of strip. Turn to right side. Hem top. Cut two 14-inch grosgrain-ribbon handles, sew one to the outside top of each square. Neat way to take presents to a friend, too.



CHRIS REINHARDT

Left: A flowerpot was the inspiration for The Brick Oven Bread Pan, a unique clay pan that lets you bake all kinds of high-rising, fine-grained, crusty bread with real brick-oven flavor. Use them to make holiday breads: You can bake now, cool, freeze to give—pan and all—at Christmas. Designed by Linda Wasserstein. For more about the pan, see page 10.
The pan: $8.50

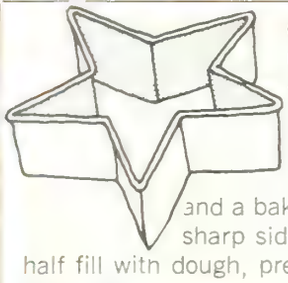
Bake luscious breads to give in new terra-cotta pans

EDWARD OLEKSAK

FOR A MARVELOUS MAKE-AHEAD CHRISTMAS



Give cookie-cutter breads the children can make



COOKIE CUTTER: 40¢ Catch a whole-wheat star, or maybe a Christmas tree. Choose large cutters at least an inch deep, grease them and a baking sheet. Put cutters sharp side down on sheet and half fill with dough, pressing into corners. Let rise almost to top of cutter. Use extra dough for free-form shapes, faces, tree-like strips snipped with scissors for branches. Bake in preheated 375° oven 15-20 minutes or until bread sounds hollow when tapped. Brush with egg-water glaze 10 minutes before done, and press on raisin eyes. Return the bread to the oven. When it's done, cool to room temperature before removing cutters.

At The Silo's children's cooking class in New Milford, Conn., Kate Ellis and Olivia Rowan glaze cookie breads. Whole-wheat bread recipe, page 200. Shopping information, page 216.



Get the whole family to help make pâté

Here's a way to make all your Christmas gifts at once. Get the whole family to pitch in and make a delicious four-meat pâté. That's what Colette Rossant does every year. A week before Christmas she and her four children spend a whole hard-working day having fun together and making enough pâté to fill terrines for all their friends. And their presents come with an extra bonus: At their annual collect-your-present Christmas party, friends are invited to bring back their terrines any time during the year for a refill.

Left: Eleven-year-old Tomas Rossant and a pâté he's decorated with thick strips of fat back.
Right: Presents on a party table—family-made pâté packaged in white porcelain terrines, in its own crust, and in a pottery casserole with garnishes of aspic—the best way to keep pâté fresh. All presents are decorated with Christmas ribbons and hand-painted name scrolls.

CHRIS REINHARDT



GLAZED SCHLEMMERTOPF, $14

BLACK STEEL BREAD PAN, $7.25

GLASS CASSEROLE, $9.95

RABBIT COOKIE CUTTER, 40¢

POTTERY PUDDING BASIN, $2.50

Give a terrific baking dish—and bake some bread to fill it

CRANBERRY-PECAN BREAD

Working time: 1½ hours
Here's a quick bread made with cranberries, pecans, flour, eggs, milk, baking powder, vegetable shortening, sugar, and lemon zest. Complete recipe, page 206.

Above: A round of baking things to give already filled with bread (whole-wheat, or in the Schlemmertopf, cranberry-pecan). Other good presents to double with bread: fish poachers, bundt or tube pans, spring-form pans, charlotte molds, cast-iron fry pans, or soufflé dishes. Individual ramekins or onion soup crocks can bake a crusty roll. Photographed at The Silo Kitchen Shop and Gallery. Shopping information, page 216.

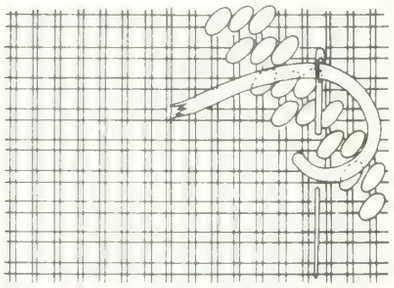
PATRICIA BRONSON

Stitch a potted needlepoint plant, or giv canvas and yarn for a friend to stitch

This year, you can surprise a plant-loving friend with a potful of geraniums that's really a needlepoint pillow. Here, geraniums, begonias, and gloxinias in progress, *left*, and in bloom on a living-room chair, *right*. You can order primulas and cactus, too. All designed by Louis J. Gartner.

Each needlepoint-pillow kit comes with a 14-mesh, hand-painted canvas ("the finer the mesh, the more detailed and fabric-like the pillow," says Mr. Gartner), and Persian yarn. Mr. Gartner recommends the basketweave stitch (see diagram below) "because it's a thick, sturdy stitch and helps prevent canvas distortion." Less experienced needlepointers may want to use a continental stitch to outline solid-colored areas to be filled in later with basketweave. Mr. Gartner stuffs his pillows with layers of sheet polyester cut to the shape of the pillow design. For backing and welting, he uses linen or white sailcloth.

NEEDLEPOINT KITS: $30-$60.



SUSAN WOOD



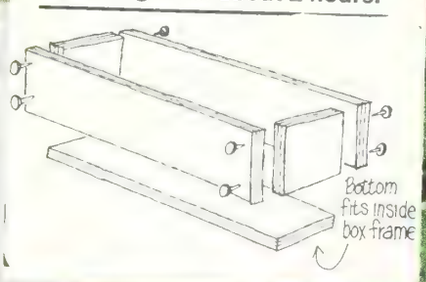
Put up some fruits and vegetables—delectable presents

THE NICEST KITCHEN PRESENT is one you make yourself. And if you start now, you can whip up a batch of vegetable preserves like the mosaic above of broccoli, mushrooms, cucumbers, cherry tomatoes, peppers, zucchini; put up some pickles; or make a winter fruit compote with dried prunes and apricots (recipes, page 206). Everything made in Ann Rowan's cooking classes, The Silo, New Milford, Conn. Shopping information, page 216.

EMERICK BIGNSON

Give plants in do-it-yourself stenciled planters

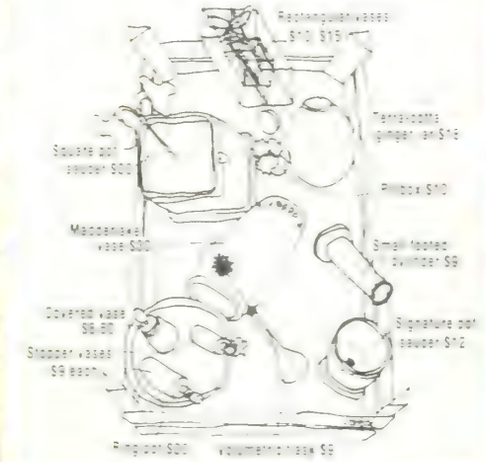
Right: Here's a windowbox and three wraparound, bottomless pot-hiders you can make from one 4-by-8-foot sheet of plywood and a Stencil-Magic pattern kit. The kit has three stencil patterns: a Moroccan knot; the basketweave used on the windowbox and two large wraparounds; and the wicker pattern used on the small one. Isabelle McDonnell, *left*, shows how easy stenciling is. Shopping information, page 216. **Windowbox construction and stenciling time: about 2 hours.**



CHRIS REINHARDT

Or fill a nursery flat for a flower lover

HOW TO GIVE TWELVE PRESENTS IN ONE



A mass-lined box filled with a whole wardrobe of pots and vases for plants and flowers. The mass can be used to dress up a potted plant. Everything from Macclenleaf plant shop.

NEWS



Ice-cube trays as sewing organizers, here filled with spools of thread wrapped to give by Jennifer Watling.



To wrap a mug of red and wh French porcelain—a big chee lap napkin printed with per lators. At Jenny B. Goode.



On your mark, get set, give—ru ning shoes, shirt, and shorts ti with a jump rope. Designed Brad Ensminger.



Playing cards in a painted berr basket trimmed with twisted tar tan ribbon, lined with a lac handkerchief. Valerie Markwooc

The wrapping is the present

The new way to wrap up Christmas — presents wrapped in presents. Here, 32 clever ways to prove one present can have a lot to give

WILLIAM P. STEELE



Greeting cans! Paint cans covered with bright printed labels and packed with edibles. By Stephen Dunne.



To wrap a French jelly glass of homemade strawberry preserves, a drawstring sack you make yourself. By Mark Robinson.



Daisies served fresh in glass vases knotted with handkerchiefs and attached to a bamboo tray with straw cord. By Ronaldo Maia.



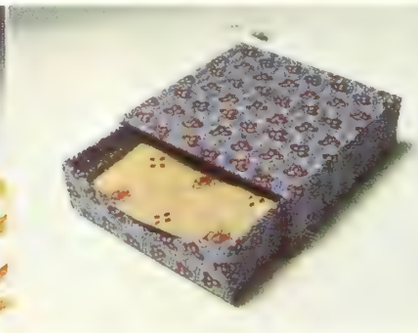
Wrapping in fashion—a great l rose-y shawl to tie up a great l canvas shoulder bag. Design by Julie Bermant.



A foot-wide red cowhide bag, filled with an abundance of bread. By Dana.



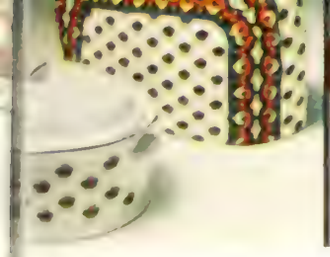
Rose-petal potpourri in a sack made of crepe de Chine and lace, drawn with satin ribbons. By Dana.



Napkins in their own linen drawer—a cotton-covered box. Designed by Souleiado at Pierre Deux.



Apples tied with ribbons, heaped in a ribbon-lined, painted garden basket. By Valerie Markwood.



Quilted tea cozy to pop over matching freezer-to-oven-to-table terrine. Soueiado at Pierre Deux.



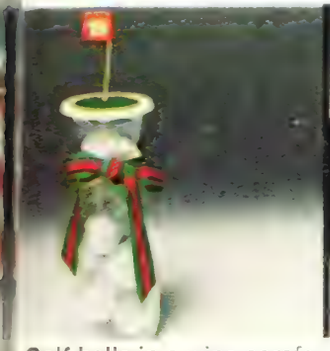
A loaf of rye too good to hide—boxed in clear acrylic, tied with red wool. Designed by Pat Falzarano. Boxes at Adams.



Collapsible basket for bike or marketing, filled with a whole wardrobe of baking tools, like cookie cutters, a whisk. All at Manhattan Ad Hoc.



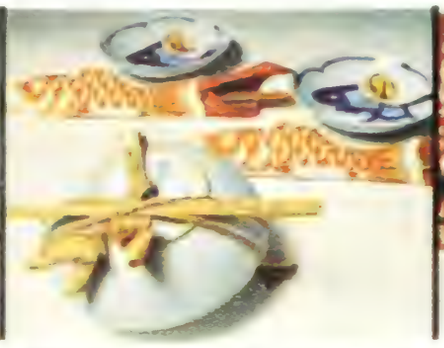
Chef's hat—[illegible] and a blue and [illegible] Bailey, Huebner at Henri Bendel.



Golf balls in a wine carafe, tied with tees, and topped with a tiny felt green. By Stephen Dunne.



Sterling shoehorn, buttonhook, glove stretcher, and file to wrap in sueded kid jewelry roll by Dana. Antique silver at Certain-Something.



Chinese table setting for two, all in [illegible] tied together with twine. Fortune cookies bring Christmas Greetings. By Ray Kohn.



Printed paper desk organizer with [illegible] of matching pencils, rubber bands, and colored clips. From The Mediterranean Shop.



Peppermint candy to brim of vase tied with napkins from Groundworks Studio. By Ronaldo Maia.



Paint-tube salt and pepper shakers for culinary artists to wrap in a painter's palette wall hanging. At Jenny B. Goode.



Giant porcelain shell, handpainted and holding a heap of marbelized pencils—handy on a desk. Shell and pencils at Ffolio 72.



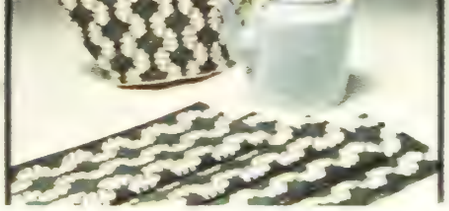
French soap to Japanese fans—a roundup of gifts from around the world, found here, packed in a shipping crate. By Vincent Wolf.



Bath salts in a terry towel turban tied by Mary Cole. Arpege by Lanvin-Charles of the Ritz. Martex towel.



Home-baked bread in a tailored pin stripe dishtowel tied with polka-dot ribbon by Ernst Beadle. Towel at Manhattan Ad Hoc.



A teapot to give in its cozy, with matching napkins tucked in. Fabric designed by Angelo Donghia. Set at Manhattan Ad Hoc.



Wicker basket overflowing with champagne glasses and an explosion of white tissue paper. By Bill Goldsmith of LCS Inc.



Makings for a Japanese meal in an ikebana basket. Gordon Foster Antiques.



Helps on hand—[illegible] household tools in a thermos lunch box. By Pat Falzarano. At Charles I. Beck.



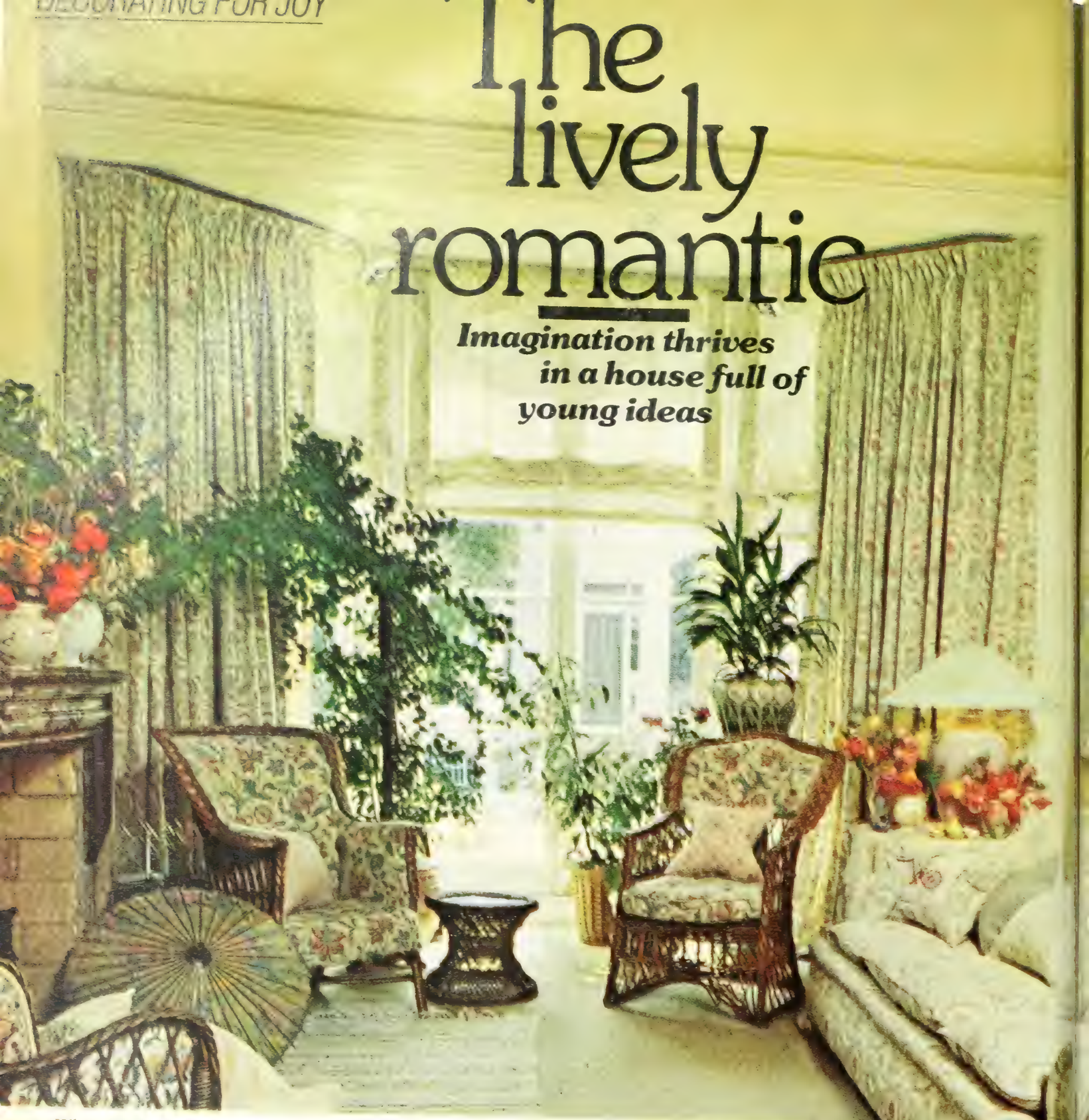
Brass fortune cookie to go—a paperweight in a porcelain and silver container. At Jenny B. Goode.



Needlepoint pillow: stuffing wrapped in fabric, yarn, canvas. Alice Maynard. By Ann Johnson.

The lively romantic

Imagination thrives in a house full of young ideas



When a house is more than just a place to live, everything in it becomes a very personal matter. "I think your house has to be an extension of yourself," says designer Tricia Guild, who decorates the way she feels—and thinks about it later. Her own 4-story Chelsea house is full of furniture, fabrics, rag rugs, and pillows she designed herself. (She sells them all over Europe in her five Designers Guild shops; and her fabrics, which caught the eye of Brunschwig & Fils, are now available in the United States.) To this personal mix, she added treasures she found at out-of-the-way flea markets and antique shops—lots of old cane furniture, glazed porcelain, century-old lace, and other fabrics. "I like to begin with neutral backgrounds like the off-white walls and the floor of beige matting in my living room, then fill the room with all the things I love."

Above and opposite page, bottom: The living room—a quiet romance of softly printed flowers and cane furniture. Armchairs are upholstered in an antique print; Guild-designed sofa in Guild-designed fabric—the same used for curtains. French marble mantel.

Opposite page: On living room tables, flowers in flowered pitchers on a flowered cloth (also used for Roman shades) with a hem of cut-out bouquets. French glass cylinder vase.

Opposite page, far right: Tricia Guild—designer, collector, romantic.



The lively romantic



In every room, personable old furniture, delicious colors, an abundance of flowers



"When I walk into a room, I like to be struck by a whole ambiance," says Ms. Guild. For her own rooms, the ambiance is romance. In the piano room, *right*, the mood music is played by a soft, rose-colored print—so pale it's almost neutral—used on walls and as curtains, and by bouquets and baskets of rose-pink flowers and plants. Even the old lace under-curtains are printed with big fat roses, as are vases and a shawl draped over the rattan love seat. In the kitchen, *left*, romance is friendlier with warm wood furniture, open storage, quilt on wall, baskets on a pot rack.

Right: The flower-filled piano room.
Opposite page, left: On the living room mantel, flower-painted porcelain with poppies, pinks, delphinium.
Opposite page, bottom: In the kitchen baker's cupboards, blanket stand for a towel rack, linoleum trompe l'oeil rug

Effectively romantic



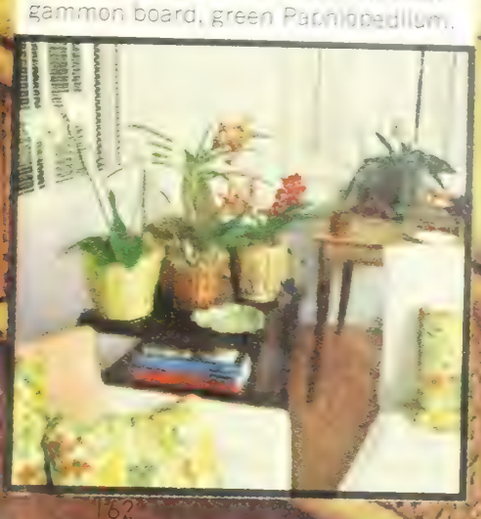
Sometimes one special treasure can set the mood for a whole house. Here, it's a French landscape painting, *above*, that Ms. Guild found on a trip to Provence. She hung it in a niche of its own and used it as inspiration for an intimate grouping of old wicker and a table skirted once in flowers, once in old lace. A different kind of intimacy turns up in Ms. Guild's bedroom, *right*, "the most personal room in the house." One subtly printed green fabric—"a country color I love to live with"—is lavished on walls, cut in swaths that pull up on strings for festoon shades, quilted to upholster the quilt-covered French faux-bamboo bed and the plump armchair she designed, and thrown over a table overskirted in lace. Even the wool carpeting is the same pattern, but on a larger scale. "This room is my cocoon," says Ms. Guild. "I'm always happy and comfortable here."

Above: In the living room, a romantic French park.
Top: Among the living-room plants and flowers, a wicker bar.
Right and opposite page, bottom: In her bedroom, lace—on pillows, tables, and as curtains "so light they billow with the slightest breeze." Even shades are edged with bits of antique lace. On bedside table living greens, a French fabric.

To relax a bedroom, one fragile green used expansively, refreshed with white



Below: A white Phalaenopsis (moth orchid), Vanda, coral Phalaenopsis, and an Ascocenda, all in baskets. On backgammon board, green Paphiopedilum.



ORCHIDS AS ART

and as wonderful Christmas presents



Left: It's an informal scene—a friendly gathering of orchid varieties get along fine in the mix of cachepots and baskets. C. Z. Guest likes to put them in. Here in her dining room, four kinds of greenish Paphiopedilum (lady's slipper) specked cream and yellow Phalaenopsis and a miniature terete-leaved Vanda.

Above: In the sitting room, yellow Oncidium, lilac-pink Vanda, two tall red Renanthera, dark Epicattleya, Epidendrum, white Cattleya, and an Ascocenda. To learn how you can order your own orchids for Christmas, please turn to page 288.

ORCHIDS AS ART



Below: Arching sprays of pink Phalaenopsis bloom in pots tucked in a 17th-century Mogul baby cradle Mrs. Haupt uses as a planter.



Left: Another way to display orchids—in a still-life composition of flowers, art, and room colors. Here, blue-mauve Vanda Rothschildiana, one of Enid Haupt's favorite orchids, inspired the color of the chair fabric and the collection of ironstone on the dining-room table. Vandas in clay pots are grouped to complement a Cubist painting by Robert Delaunay. Some are underplanted with bromeliads.
Above: Vanda with Picasso owl plate.



A farmhouse for moderns

Behind a 1790s exterior lies a dazzling remodeling for people who want today's comfort and style

Built in 1790, rebuilt in 1976-77, here's a house that's a paradox. From the road, it seems a nice old New England farmhouse. Inside, it's anything but. When Brian and Marrisa Stone found it, even its timbers were rotted with the sadness of neglect. But they devoted two years to taking down walls, punching in skylights, replacing weak old beams with strong ones from two antique barns they bought for parts, and filling it with everything modern technology and design could devise—all for comfort and quiet in a style all their own.

Left: The living room with French linen, suede cloth chairs.
Opposite page, left: The garden room, once a lean-to shed, now open to living room.
Below: The dining room—Breuer chairs, French table

ELLIOTT ERWITT

for moderns



In the new kitchen professional equipment, skylit eating area, and a Colonial hearth

Above: The kitchen, a room as inviting for its function as for its charm. The glass-doored refrigerator and freezer, like the stove, are restaurant appliances. L-shaped butcher-block counter has marble pastry inset, pull-out leaves. Here, as in the rest of the house, the old windows have been supplemented with skylights (there are 20) and dimmer-controlled lighting. The result is the evenest possible lighting, pierced with spotlights on work areas and art objects.
Right: For old-fashioned warmth, the old fireplace, pine-plank floors.
Opposite page: The kitchen's breakfast area.
Opposite page, bottom: The old American breakfast table, handy to kitchen work area.



ELLIOTT ERWITT

Farmhouse for moderns



The master suite: a bed-sitting room plus a bath equipped like a health spa

The master suite, which takes up half the second floor, includes a huge bed-sitting room and a bath that looks like a health resort. Twenty-five by 14 feet, it's compartmentalized to provide separate areas for a sauna with its own shower, a gym area with professional equipment and a fireplace, an alcove for toilet and bidet, and a main, plank-floored area for the 6-foot-square tub and an extraordinary shower-steam room made of curved glass and fully lined with French tile. The bedroom has a sitting area with a jade green marble mantel, a bar, and a refrigerator.

Left: In the master bath, the huge tub is set in beige marble, as are the double sinks of hand-painted porcelain. Tub has its own hand-shower, and for a faucet, a gilt bird swan.

Opposite page, far left: Sky-lighted gym is daily area for parents and daughter Sammi. Separate tile shower.

Below: Master bedroom, all white, naturals, and beautifully planned comfort. Twelve-foot ceilings are beamed to follow roofline, and five large skylights run nearly the length of the room. Throughout the house, all cabinetry by Peter Luchi; indoor planting by Hal Burke; basin fixtures, Sherle Wagner.

ARE YOU MAKING TH

How to make your luck work for you

By James Austin, M.D.

Of course, we all get lucky sometimes. But there is something to be learned about the structure of chance that may improve your percentage. In the past, the role of sudden flashes of insight in the process of discovery has perhaps been over-emphasized. Much has also been said about the need for plodding, methodical work before and after these creative flashes. But I would like to present the case for chance. What is chance? Dictionaries define chance as something fortuitous that happens unpredictably and without discernible human intention. True, chance is capricious, but we needn't conclude that it is immune from human intervention. Indeed, chance plays several distinct roles when humans react creatively with one another and with their enviroment. I use the word "roles" in the plural because chance comes in four forms and for four different reasons. Of these, only one is "pure blind luck." The principles involved in chance affect everyone and it is time, perhaps, to examine them more carefully. If you are completely candid with yourself you will soon discover how much your luck hinges on contingencies. Every now and then, when you happen to combine boldness and skill, you may be able to exploit a few of the lucky situations that arise. But skill alone will not be enough, for much of the novelty in creativity is decided only when you are bold enough to thrust at chance. "Behold the turtle, he makes progress only when he sticks his neck out," my neurology teacher at Columbia, Professor Houston Merritt used to say. We, too, will only lurch forward if we stick our necks out to look around, and chance the consequences. Our self-mobilization to seek out and confront new situations is a powerful agent in creative discovery. We all need adventure, and our adventurous impulses may appear in some other form —dreams, for example—if not channeled into our work. For me, research is the essence of adventure. Being a neurologist raised in the conventional work ethic, I still believe that success in research comes from being hard-working, persistent, curious, imaginative, intuitive, and enthusiastic. But it still turns out that many of the lucky breaks in our laboratory are decided by extracurricular activities, by those pivotal events that come only when we have reached out in a spirit of adventure and jousted at chance. Once when we at the lab were trying to identify peculiar microscopic particles in a rare form of hereditary epilepsy called Lafora's disease, my dog, Tom, led us to the answer. Tom developed an inflammation of his lymph glands from wearing a new bell around his neck. After surgery, some of the diseased tissue was studied under a microscope. Curiously, some external tissue showed up as round spherules, first thought to be a fungus but later identified as starch. It got there, we concluded after much discussion, via the starch dusted on the surgical gloves used for the operation. What struck us coincidentally, though, was that the starch spherules looked like the Lafora bodies we were studying! Tests confirmed our hypothesis, and within a few weeks we knew that Lafora bodies, like starch, were essentially made up of many sugar units linked together in a long chain to form a polymer.

In my view, this discovery was a typical case of Chance IV, the variety of chance that favors people with distinctive hobbies and activities (my dog Tom and I go hunting in thick cover, which was the reason I took the precaution of tying the bell around his neck).

Each of the four kinds of chance depends on a distinct kind of motor exploratory activity and special kind of sensory receptivity. Personality traits also influence them.

Continued on page 220

Editor's Note: Dr. James Austin has been involved in brain research for over two decades. For the past ten years he has been Professor and Chairman of the Department of Neurology at the University of Colorado Medical School. In this article, he outlines four categories of luck, a subject he discusses in detail in his forthcoming book Chase, Chance and Creativity, The Lucky Art of Novelty *(Columbia University Press, January, 1978, $12.95). The excerpt first appeared in Executive Health Report.*

MOST OF YOUR POTENTIAL?

How to encourage your natural creativity

By Jacob Bronowski, author of "The Ascent of Man"

I would say that there is a physiological need, in living matter, to create. The laws of nature are such that nature is running down all the time, things are becoming disorderly all the time, and living matter is constantly opposed to this. It is constantly trying to create order. The word "creation" means "the creation of order," the finding in nature of links, of likenesses, of hidden patterns which the living thing—the plant, the animal, the human mind—picks out and arranges.

To my mind, it is a mistake to think of creative activity as something unusual. I hold that the creative activity is normal to all living things. Creation is the finding of order in what was disorderly, and this is a characteristically human activity.

So I would say that the ability to work creatively in more fields than one is a historical accident, which pertains to some people who have had, by chance or by the nature of their environment, the skill needed in several fields. No more than that.

I can speak about my own case with some confidence, and I would like to tell you a simple story about this. Just after World War II, I became interested in a conflict between the social and the personal activity of many people that I knew. At this time I began to work with people who had rather rebellious attitudes toward the societies in which they were living and who often complained that they were not allowed to be the people that they wanted to be. This made me very interested in the protesting personality, the person who feels that society is thwarting him and that he could express himself better outside society. Yet this person knows perfectly well that human beings can only live and express themselves inside society; and this conflict exists in all of us all the time. I began reading a great deal about this. I read a good deal of anthropology, and of psychology, and the history of revolutionary movements. I had it in mind to write a book on this subject. And then quite suddenly, almost overnight, I realized that this was not at all the way to express what I wanted to say. The way to express what I wanted to say was in a perfectly simple drama about what happened to a man in a concentration camp during the war. So I wrote a play called *The Face of Violence*. I had been three or four years collecting this material, none of which was relevant to what I wrote. I wrote the actual play in a little over a week, during which I worked for twenty-four hours a day. I never stopped at all; and I never changed anything. When the play was finished, it said all the things that I had wanted to say about the protesting personality. Without ever mentioning them specifically the play comments on the Roman Saturnalia, the Crucifixion, Frazer's *Golden Bough*, and revolutionaries and people who had been executed in China. Somehow this all expresses itself. That seems to me to be a characteristic example of how the mind spends a long time digesting the available material, and then the act of creation is an act of finding the right order to express the whole complexity.

I have made some scientific discoveries which seemed to me to have occurred in just the same way. And of course some very great scientists and mathematicians have said that they had to let the material whirl around, mill about, lie fallow in their minds; then, quite suddenly, it seemed to organize itself for them. And what you say, whether in the sciences or in the arts, never exists until it has been said.

I stated earlier that creation exists in finding unity, finding likenesses, finding pattern. You will recall that Coleridge in his many stumbling attempts (all of them brilliant and all of them inconclusive) to find the definition of beauty, always came back to the same definition that beauty is "unity in variety." Now this to me is the creative process. Nature is chaos. It is full of infinite variety, and whether you are Leonardo da Vinci or whether you are Isaac Newton or whether you are modestly sitting down thinking about acts of revolt, there comes a moment when many different aspects suddenly crystallize in a single unity. You have found the key; you have found the clue; you have found the path which organizes the material. You have found what Coleridge called "unity in variety." That is the moment of creation.

Now in my view the appreciation of art or mathematics or any creative act is an act of re-creation: when the man makes *you* see the unexpected likeness,

Continued on page 194

"The highly inquiring mind seizes the chance and turns what was an accident into something providential"

Isaac Newton. Ranging over many centuries and cultures, The Ascent of Man *in both book and television form made vivid to millions the drama and the human impact of scientific discovery. Equally wide-ranging were the creative activities of its author, the late Jacob Bronowski, poet, scientist, administrator, philosopher—to name only a few. Born in Poland, educated in England, trained as a mathematician, Dr. Bronowski's early scientific research was in the physical sciences. In his middle years, he shifted to the life sciences, and from 1964 until his death in 1974, he was Senior Fellow of the Salk Institute for Biological Studies, analyzing those functions that characterize man and make him unique among animal species. He wrote 11 books and countless essays and lectures. A collection of the latter,* A Sense of the Future: Essays in Natural Philosophy, *will be published in November by M.I.T. Press ($12.50). The essay* On Art and Science, *from which these thoughts on creative activity are excerpted, was originally a radio interview first published in* The Creative Mind and Method *edited by Jack D. Summerfield and Lorlyn Thatcher. The University of Texas Press, 1960. Reprinted courtesy of The University of Texas Press and The M.I.T. Press.*







Living with a 3-level view

A bridge to nature



It looks like a house alone in the wilderness, but although its ¼-acre site in Martha's Vineyard is surrounded on three sides by a wildlife reservation the house does have neighbors. That's why architect Myron Goldfinger designed the great stretches of glass deck, and bridge to overlook the reservation and beach beyond, while keeping the sides facing neighboring houses distinctly private.

Opposite page: Its triangular shape and three tall functional shafts seem to make the 32-foot house soar above the trees, fortify it against wind.

NORMAN McGRATH

A bridge to nature

Because the topmost level o
house rises above the trees
master bedroom and the ou
bridge have a spectacular
—an ocean of treetops an
the distance, the sea.
master bedroom is reall
bridge itself, stretching ac
the living/dining area belo
and continuing as the bri
sundeck outdoors. "Up
there is always a breeze,"
the owners, who relish the
vacy of the house. A kitc
and triangular deck share
second level with the living
dining areas. Other bedroo
are on the ground floor.

Right: Double sundeck—one a
treetop level, the other stretc
ing above it toward the horizon
Left: The canopy of clouds abo
the master bedroom is a barre
vaulted skylight. Sliding glass
doors lead out to the bridge.
Below: Light from the skylight
pours down to the living room.
Fireplaces on all three levels
are stacked in the tallest shaft.
Other two contain staircase,
baths, and kitchen.
Building facts, page 218

NORMAN McGRATH





TOM YEE



FOR THE HOSTESS

What's cooking? A talented troupe of table- and cookware that heats, serves, and turns upside down to make all your entertaining easier. You can choose stoneware plates, cups, bowls, and pots that are ovenproof (even microwave safe), and stack to save space. Metric-sized casseroles (3 or 5 liters—3.15 or 5.3 quarts), tray, and birch-handled saucepans and skillets are made of porcelain-enameled steel. Everything is sold open stock, and comes in cobalt blue, sienna, and white, solid or in mix-and-match stripes. And it all goes straight to the table as handsome serving pieces. "Perfect Setting," by China Seas for Jepcor International.

1 Ceramic egg cup that's also a candleholder, vase, or creamer, depending on which end is up. With a salt or pepper shaker to sit on top. The "Etc. Cup," $7. **2** Stoneware cups in 3 sizes, with a coaster to use as a trivet, butter chip, ashtray, or a lid for the mid-size cup. The "24 Hour" cup. Small, $4; medium and large, $5. **3** "24 Hour" cups on round-the-clock duty, for peonies, pencils, or jams. **4** For coffee, sundaes, stews, and soups, ovenproof ceramic mugs. Thirteen-ounce mug, $4. The big two-cup "Souper Mug," $5. **5** Stoneware plates that double as ovenproof trivets. Salad plate, $4. Lunch plate, $5.50. Dinner plate, $6.25. **6** Enameled steel platter that can go in the oven, on the stove, or under the broiler. $30. **7** The same steel platter on duty as a handsome serving tray. **8** Fruit, puddings, cereals, soufflés in stacking stoneware bowls. Set one over the 1-liter saucepan—it's a double boiler. Nineteen-ounce bowl, $6.25. **9** Enameled casseroles also fill in as ice buckets or deep fryers. Their lids can be used as trivets, servers, deep-dish pie plates. Three-liter casserole and dish lid, $30. Five-liter casserole and dish lid, $35. **10** Ten-inch frying pan, $22.50, uses the 5-liter casserole lid. Eight-and-a-half inch sauté skillet, $15. **11** The same sauté skillet and frying pan. **12** Porcelain-enameled steel saucepans to cook foods at lower temperatures. Cover grips are natural birchwood. One-liter covered saucepan, $17.50. Two-liter covered saucepan, $19. **13** A pair of 2-liter saucepans in color, $22 each. **14** Patriotic frying pan, $28. **15** Handsome roll-rimmed stacking trivet-plates, here in color. Sienna-edged dinner plate, $7.50. Cobalt blue lunch plate, $6.50. White salad plate, $4. **Opposite page, bottom:** In the Whirlpool refrigerator, ready-to-serve party food in versatile pots and plates. The entire collection is available at Bamberger's, The Broadway, Famous Barr, Jordan Marsh, Maas Brothers, The Queen's Museum.

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72

Left: **Keep your sunny-side up, with a grade-A, extra-large fried apron. To make one yourself, all you need is 1 yard of white duck cloth, ½ yard of yellow duck cloth for the yolk, thread, and a zigzag sewing attachment. By Claude Langwith. How to, page 104.**

STARTING HERE, 16 PAGES OF SURE-HIT CHRISTMAS IDEAS

GREAT GIVING

KAREN RADKA

FOR THE GARDENER


1


2


3


4


5

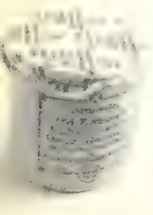

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12


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14

JAMS & HONEYS

Presents with taste—jams and honeys in their own handsome crocks and jars. **1** Clip-top jar of clover honey by Honey Country, Bloomingdale's, 28 oz., $4.25. **2** Winnie-the-Pooh pot of wild French honey. E.A.T., Henri Bendel, 17½ oz., $15. **3** Raspberry marmalade in a corked jar. Fauchon, Saks Fifth Avenue, 21 oz., $12. **4** Violet petal jelly, delicious in yogurt! Crabtree & Evelyn, Maison Glass, 12 oz., $4.95. **5** German gooseberry preserves. Winsenia, Altman's, 17½ oz., $4.70. **6** Israeli honey—Jaffa Kosher honey, 12 oz., 89¢, Zabar's. **7** Rough-cut Lemon Marmalade by Keiller & Son. 16 oz., $1.98, Zabar's. **8** Preserving jar of Grandma Wheaton's elderberry and apple jelly. Fin-N-Feather, 10 oz., $2.25. **9** Strawberry preserves. Winsenia, 17½ oz., $5.20, Altman's. **10** Apricots with almonds. Soleillou, 21 oz., $8.50, Marshall Field. **11** Crock of orange marmalade. Armavale, Macy's, 1 lb., $4. **12** Classic Dundee orange marmalade. Keiller & Son, Maison Glass, 16 oz., $2.25. **13** Blackcurrant jam. Armavale, Bloomingdale's, 16 oz., $5.25. **14** Pickled orange rings. 12 oz., $2.70, Fortnum & Mason, Altman's.

Opposite page: 1 To hang a flowerpot, rust-proof metal ring that clips to railings, has special attachment for walls. From Gurney's. For 5-, 6-, and 8-inch pots. Five-inch ring, $3.39 ppd. **2** Harvest figs! Give a friend an indoor-outdoor fig tree that will begin bearing fruit in 10-18 months, and continue as often as twice a year. From Lifetime Nursery Products, $13.50 ppd. **3** To make any room a country porch, a willow plant stand, 32 inches long. At Bloomingdale's, $150. **4** Nest of 7 pine-slat cubes to hide flowerpots or top with Lucite or glass to use as plant stands. 8½ to 16 inches sq., from Jennifer House, $34.95. **5** A rose is a tree is a present . . . 4-ft. rose trees in 20 pastel varieties. Your present is announced by a special card at Christmas, followed by the shipment at planting time. From Jackson & Perkins, $18.90 ppd. **6** Soft light for the garden—votive candles in clear glass torches on 38-inch wood stakes. From Trifles, $12.70 a pair, ppd. **7** Classic books: facsimile editions of Gerard's *Herbal* ($50) and Parkinson's *Garden of Pleasant Flowers* ($25) from Dover Publications. **8** Watering wand: rod and rosette to screw on a hose, with on-off attachment for a gentle, controlled sprinkling of patio plants or garden. From The City Gardener, $14.66. **9** Brass sundial with lead numerals, 15½-inch gnomon. From Kenneth Lynch, $69 ppd. **10** For fellow nature-watchers, a cast-iron and cypress park bench, 4 ft. long, painted very dark Charleston green. At Heritage House, $79.50. **11** To give a gardener a jump on spring, a redwood cold frame with flexible acrylic cover that opens automatically at 72° F, closes at 68°. 12 square feet of growing area, 11 inches high. By Vent-O-Matic, from Burpee, $50.50 ppd. **12** Flowerpot ringed with clay ivy. By Kitty Bright, $16. **13** Glazed earthenware basket to fill with holly (or flowers). 13 inches long, 8 inches wide. At Mill Pond House, $62 ppd. **14** Address books from the Metropolitan Museum of Art. *Secret Gardens* ($6.95), with a bug's eye view of flowers, and *Flowers for all Seasons* ($8.50). **15** Handmade terra-cotta pot emblazoned with a scallop shell. By Kitty Bright, $30. **16** For candlelight in the garden, frosty glass tulips to give outdoor dining tables a glow. From the Horchow Collection, six 3-inch holders and 18 candles, $22.95 ppd. **17** Fat terra-cotta hare planter, 22 inches long. 10 inches high. At Mill Pond House, $90 ppd. **18** Washable goatskin gloves; medium (women's size 7, men's 9), large (women's 8, men's 10), at The Shop in the New York Botanical Garden, $5.25 ppd. **19** Spruce potting bench, 50 inches long. From York Manufacturing Ltd., $85 ppd. **20** Humble berry basket in porcelain, by The American Apple Pie Co. At Jenny B. Goode, $16.50 ppd. **21** Top-notch shears: Super Armourcut Pruner by Wilkinson. Stainless steel, nonstick Fluron-coated blades, from The Shop in the New York Botanical Garden, $20.95 ppd. **22** Plant a pot-herb garden in 4 flat terra-cotta crescents, each 6½ inches long by 4 deep. By Kitty Bright; set, $40. **23** Clippers with built-in shock absorber. Pro pruner by Wallace, $10 ppd. **24** Pulsating sprinkler with adjustable shape, distance. Mounted on metal spike to poke into ground or raise on a stake. By Rainbird, from Harris, $9.49 ppd. **25** Long-handled weed-puller, 34 inches, and flower gatherer,, 31 inches. From W. F. Nicke, $19.95 each, ppd. **26** Rectangular planter with blueberry bunch. 8½ by 6½ inches, by Kitty Bright, $40. **27** More than a midsummer night's reading: Shakespearean garden lore, reprinted by AMS Press. 4 books, $12.50 to $24. **28** Shapely espaliered pear or apple trees 5 feet tall. From Henry Leuthardt, $50 ppd. **29** Zodiac sundial in peachy terra cotta. 15-inch diam. From Chanticleer Ceramics, $30 ppd. **30** Carrying rack to transport gardening tools or bring back cut herbs and flowers fresh from the garden. In unfinished pine, 8½ inches sq., from Jennifer House, $10.95. **31** For spraying and misting, a portable 10-liter polyethylene pressure sprayer. Tudorspray 10 deluxe, from The City Gardener, $24.99. **32** Alphabet in flowers—fact, fancy, and glorious pictures worthy of framing. *The Illustrated Flower.* Harmony Books, $10.95 clothbound; $5.95 paperback.

PRICES APPROXIMATE TIO-E ADDRESS PAGE 7.

MARINA SCHI


A GARDEN OF PLEASANT FLOWERS
Flower



1 2

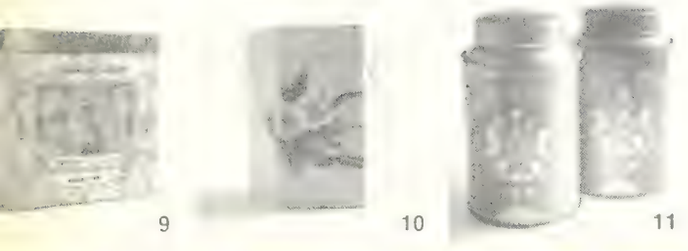
TEAS



3 4 5



6 7 8



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MUSTARDS



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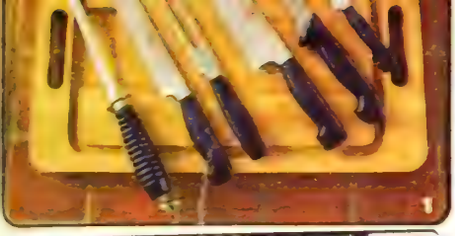
21 22 23

There are two nice things about really good teas and mustards: There are so many to sample that you can taste your way around the world. And as a bonus, they come in their own wonderful wrappings—teas in handsome tins and boxes, mustards in heavy stoneware crocks and fat pickling jars. Later, you can use them for cookies, potpourri, paper clips on a desk, or bouquets of flowers or paintbrushes. **1** Russian blend Kusmithé, a strong, black, winy tea, in an attractive tin canister. Spice up tea by stirring in lemon or whole cherry preserves. By P.M. Kousmichoff & Sons. At Maison Glass. 8¾ ounces, $8.50. **2** Russian "Before The Rain" jasmine tea in a sleek black tin. By Grace Rare Tea. At E.A.T., Henri Bendel. ½ pound, $8. **3** Earl Grey Tea in a pale wooden box. Specially blended for The Cellar at Macy's. 16 ounces, $12. **4** China Green Tea, an unfermented gunpowder tea from China with a low caffeine content. Comes in a grass-green canister. Made in Paris by Kusmi-tea. At Maison Glass. 5½ ounces, $5. **5** Boston's Darjeeling Blend Tea, a blend of delicately scented black teas with a rare muscatel flavor in a red tin canister. At the Delicacies Shop, B. Altman. 34 2-cup teabags, 2.5 ounces, $1.50. **6** English Breakfast Tea in a canister decorated with Japanese motifs. By R. Twining and Co. At Bloomingdale's. ½ pound of loose tea, $3.25. **7** Russian, Mélange Hediard, a special blend of loose tea from Paris, packaged in brown wrapping with red band trimming. At E.A.T., Henri Bendel. 8¾ ounces, $15. **8** Georgian blend of Irish Breakfast Tea. A blend new to the United States, from Dublin. By Baker Wardell & Co. At Cost Plus Imports. 4 ounces, $1.27. **9** Russian, Kusmi-thé in a tin box with removable paper label. At E.A.T., Henri Bendel. 2.2 pounds, $35. **10** Chinese tea in a hexagonal painted wood box. At the Cellar, Macy's. 2 ounces, $6; 3 ounces, $7.50. **11** Traditional Earl Grey tea in maroon tôle canister. By Jacksons of Piccadilly. At the Delicacies Shop, B. Altman. 8 ounces, $6.75. Shown with it, English Breakfast Tea in green tôle canister. By Jacksons of Piccadilly. At The Cellar, Macy's. 8 ounces, $8.75. **12** Amora Old Fashioned Mustard, *moutarde à l'ancienne*, very pungent and grainy. In a stoneware crock with lid wrapped in red gingham. At Maison Glass. 17½ ounces, $4.50. **13** Amora Bourgogne mustard, a Dijon mustard made with Burgundy wine. In a white crock with red lettering. Comes with its own spoon. At Maison Glass. 6-ounce crock, $3.50. **14** *Moutarde au poivre vert de Madagascar*, a mustard with green peppercorns, in a white jar lettered in green script. By Devos-Lemmens. At Maison Glass. 9-ounce jar, $2.50. **15** *Moutarde Bocquet Yvetot*, a strong, smooth Dijon mustard in a lovely hand-decorated china crock. At Maison Glass. 5½-ounce crock, $5.50. **16** *Moutarde du Téméraire*, a grainy mustard from Dijon in a traditional stoneware crock. At Maison Glass. 17 ounces, $4.95. **17** Pickarome Dijon Hot mustard in white glass jar decorated with blue ladies and gentlemen in carriages. At The Cellar, Macy's. 5¼ ounces, $7.70. **18** Moutarde du Lion *moutarde blanche*, a strong French mustard in a heavy stoneware crock. At Maison Glass. 17½ ounces, $4.50. **19** A French country-style mustard of cracked mustard seed and champagne. At Bloomingdale's. 8 ounces, $3. **20** Wild Gypsy Dijon mustard with tomato paste and paprika in authentic French pickle jar. By Château Garden. At Maison Glass. 7 ounces, $4.95. **21** *Moutarde d'antan au vinaigre fin*, in a tall stonewear crock. By Fauchon of Paris. At Saks Fifth Avenue. 17½ ounces, $6. **22** Mild Pommery Moutarde de Meaux. At Bloomingdale's. 17½-ounce crock, $2.95. **23** Maître Jacques Dijon Mustard, a grainy mustard made with Meursault. At Maison Glass. 17 ounces, $5.95.

FOR THE COOK

Opposite page. 1 Kitchen utensils that hold a sharp edge—blades are high carbon no-stain steel alloy. Specially molded plastic handles make them dishwasher-safe. Here, carving fork, sharpening steel, and a family of five com-

ROGER BESTER





By J.A. Henckels. At The Broadway. $11.50-$29.50. **2** For homemade cheese a perforated tin cheese [illegible] France. 4½ inches across. At Harriet [illegible] $3.50. **3** French kitchen scale with dual dial that weighs in pounds and grams. Reversible tray and mixing bowl. 9-pound capacity. White plastic. By Ter[illegible]on. At Bloomingdale's. $21. **4** Traditional restaurant-style cookware of thick aluminum for even heating. Won't oxidize even when cooking acidic foods. 1½-quart saucepan with cover, $31.30 ppd; 10-inch skillet, $28.15 ppd; 12-inch skillet, $34.80 ppd; 8-quart stock pot, $51.45 ppd. All at Williams-Sonoma. **5** Kitchen containers: Juniper butter tub with removable plastic liner, handcrafted in Sweden. 5 inches across. At Harriet Amanda Chapman. $28.50 ppd. Octagonal terrine of ovenproof French china. 7 inches long. Imported by Charles F. Lamalle. At Pampered Kitchens. $18.50 ppd. 2-liter decanter from France. 12 inches tall. At Forrest Jones. $17.95 ppd. **6** See-through glass canisters with chocolate brown plastic lids. Four sizes. By Heller Designs. At Macy's. $3.50-$6.50. **7** Super [illegible] for everything from melon balls to rice. By Ekco. $7.99 each. **8** Bake-and-serve heat-retaining ceramic baking dish designed to be used in microwave ovens. 21¾ inches long. To serve on its own 25½-inch stainless steel tray. $49 each. By Lauffer. At Lord & Taylor. **9** Red Steel mesh garden basket with 19½-inch wooden handle. At Forrest

10 [illegible] of tin-lined copper that holds exact temperature [illegible] syrups and frostings. 1½ quart. At Williams-Sonoma. $60. **11** For the perfect omelette, even-heating iron pan with brass handle. 9½ inches across. At Williams-Sonoma. $20. **12** For a fistful of salt. English stoneware salt pot. Coarse salt recommended. 8 inches tall. At Williams-Sonoma. $10. **13** Rolling stainless steel vegetable cart with shelf and three baskets for work and storage. 34 inches tall. By La Inox. At Hammacher Schlemmer. $275. **14** Blender with life insurance—it's guaranteed for your lifetime. 15½ inches tall. By Waring. $100. **15** Traveling trolley in black or red epoxy on steel, with two baskets and wire shelf. 40 inches tall. By Logus. At Design Research. $65. **16** Cover up and carry—butcher's apron of sturdy linen. $21.95 ppd. All cotton French string bag. $3.25 ppd. At Forrest Jones. **17** Flip-through herb and plant-care cards: 109 cards on an acrylic stand. Plants-At-A-Glance. Macy's. $10.

































WILLIAM P. STEELE

The bed dressed by Halston, *opposite page:* Diagonal drifts of delicious beiges and apricots on luxurious bedclothes with a subtle pattern of Halston's own H. Shown here in a glorious balcony guest room in Halston's house. King-size sheet, $19.50. Comforter, $110. Sham, $21. "Halston's H Stripe" for Fieldcrest.
Jet set mini TV, *above,* for nonstop round-the-world entertainment. You can enjoy 4 hours of continuous battery-operated play, then recharge, while the set is on. Two-inch black and white screen, with personal earphones for privacy. Adapts to car or boat. Only 26 ounces, encased in steel. By Sinclair. $400 ppd. from Hammacher Schlemmer.
Terra-cotta bisque pears, *below,* that look like sun-ripened fruit with gnarled cherrywood stems. Fifteen inches high. $90 each. Handcrafted by Paul Nelsen. From LCS.

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72



GREAT GIVING

FOR ALL

Presents to remember, extravagant— and worth the price

What's nice about luxurious giving is that, while it can mean one wonderful splurge (a sailplane? A peartree bearing pear-shaped diamond earrings?), it can also mean something small, given in lavish quantity (such as a whole case of tennis balls. Here, a few suggestions to get your imagination rolling.

Send a friend into the wilds on an Outward Bound trip to Baja California, Mexico for 3 weeks of sea kayaking ($600 per person). Or treat her to a round-the-world 30-day New Zealand Wilderness adventure (about $2,380 per person). To equip the explorer, how about a new sleeping bag, binoculars, or a good camp stove? To help cope in the concrete jungle, a chauffeured car ($5 per hour at Executive Chauffeur).

For a gourmet adventure, treat someone to dinner for two at one of the best restaurants in your town. For instance: Le-Ruth's in New Orleans, Lutèce in New York, or Ernie's in San Francisco where, for $65, you can arrange for two cocktails, a full-course dinner with a bottle of wine, tax, and tip. Or how about surprising a serious cook with transportation to Wisconsin to the Postilion cooking school? Owner Madame Liane Kuony butchers a whole Charolais steer and shows how to put every ounce to delicious use (two-week session $500 not including the butchering which is $150). Anything edible and the best of its kind makes good giving—such as Russian caviar ($50 for 4 ounces at Bloomingdale's), a pound of Bundnerfleisch (Swiss airdried beef, $16.50 at Bloomingdale's), or eleven pounds of whole, unblanched almonds ($23 from California's Almond Grower's Exchange), or assorted breads in a basket. Or, give something to help the cook cook. Like a mayo machine ($10 by Lee Bailey), a set of English grip-stand pudding basins (from Altman's, $5, $7, $12, $18), a tortilla press ($9 at Williams-Sonoma) along with *The Cuisines of Mexico* by Diane Kennedy (Harper & Row, $15).

For sportsfans, why not fill a tacklebox for a fisherman, a knapsack for a rock-climber, a saddlebag for a hunter . . . give a skateboarder a month's worth of admissions tickets to a skateboard park . . . a health nut a membership to a good health club? And what tennis or squash player wouldn't give his racket arm for a season of court time, courtesy of you?

And for indoor sportspersons: A home computer, which you can train to keep your checkbook, remember your recipes, even play backgammon. Radio Shack, PET, and Sears sell it. From $600. Or, fancy this: a home Xerox machine. (Model 660, about $2,195.)

For luxury at home, why not wrap someone up in an afghan you've knitted yourself? For romantics, send a bouquet a week for a year (from $750), or serve breakfast in bed on a breakfast set from Tiffany ("Coalport" china, 15 pieces, $191.75). Or, the ultimate house gift: house cleaning, a day a week for a whole year.

HORST

-OUT GLAMOUR

"The best present: something you've dreamed of, but never dreamed you'd get"





The ultimate cocktail table:—peach-colored parchment, banded with brass on tabletop and legs. Fifty-eight inches square, with soft rounded corners. Lacquered finish adds o its polish. $4,200. From Karl Springer.



Polished stainless steel ice bucket for people whose idea of luxury is the simple pleasure of ice cubes, plentiful and always at hand. 3½-quart bucket, $72; 6-inch tongs, $8.50. Lauffer. At Lord & Taylor.

FOR ALL-OUT GLAMOUR

"True luxury is a personal thing: fruit or flowers out of season, something wonderful to read, a perfect cup of coffee"



Thirty-five millimeter camera fits in the palm of your hand. Shutter speed adjusts automatically, electronically, to any light. Warning arrows prevent poor exposures. By Minox USA. $175 ppd. from Ken Hansen Photographic.



Down-padded comfort: an armchair to sink into plus its own Tootsie Roll-shaped ottoman. Chair, $695, ottoman, $275, in your own fabric. By John Saladino.

For a truly great cup of coffee, *right*, "Le Café." Makes espresso, cappuccino, too. $120. By Salton.
Incomparable copper, *opposite page, left:* flambé pan with cover, $96. Table heater, $155. Both ppd. from Bon Appetit. By Spring. Stockpot, $230 ppd. from Culinarion. By Charles Lamalle.
Sheared hand towels, *center* in Halston's H-stripe. By Fieldcrest, $4.75.
Figures at your fingertips, *right:* A telephone that's also a calculator and clock. $245 ppd. from Phonetique. Lighter-size calculator- stop watch-calendar-clock. $60. Casio.



PRICES APPROXIMATE.
STORE ADDRESSES, PAGE 72



loom-quality stainless steel forks, knives, and spoons
tadsule-shaped design destined to become a classic
rst eating tools. By Mario Bennett for Supreme
plete place setting, $28. At I. Magnin



Hand-carved alder-wood trays enhanced
with smooth, rounded rims and 8 natural
use them as plates, platters, and romantic
Seven 10- and 16-inches-wide, $12.95



anuscript books of fine imported deckle-edged paper
mprinted covers. $13-$31.50. Pigeon-hed portfolio
y 13 inches, protects and holds documents
3.50 each from New York Central Supply



Blanket a friend for
with
Tess
Throw,







or festive table

As Christmas presents or for your own holiday
parties, beautiful china, silver, and cry
plus fresh new table linens
by well-known designers



A MODERN FAMILY THANKSGIVING

◆

Roast turkey
Country ham
Mustard sauce
Dilled potatoes
Baked, stuffed tomatoes
Crusty bread
Apricot mousse



COMMITTEE LUNCH

◆

Avocado soufflé
Boston lettuce
and endive salad
Roquefort cheese
and Bosc pears

Opposite page: To celebrate Thanksgiving, a miniature tree (plant it in the garden afterward) surrounded with soda-bottle figures having their party on the bare-wood table. Gorham's "Towne Garden" china, "Elegance" crystal, "Cape Ann" pewter; "Rose" cotton napkins designed by Cacharel for Robinson and Golluber; "Bottle People" centerpieces designed by Vicki Romaine. Designer Thomas Britt's barn is the setting.

Above: New table fashion idea for a lunch meeting: Napkins that look like scarves, here used to cover chair seats too. "Elegy" bone china and "Carlyle" crystal by Royal Doulton; "Savoy" sterling by Buccellati; tablecloth, napkins by Elisa Daggs. All shown at Richard V. Hare's house. For shopping information, turn to page 216.



SUNDAY LUNCH
ON THE PATIO

◆

Antipasto platter
Gnocchi Parmesan with pesto
Raspberries
and lemon mousse

SUSAN WOO

LATE SUPPER

◆

Scottish smoked salmon
with lemon wedges, capers,
freshly ground pepper,
toasted bread
Zucchini frittata
Coffee granita



Opposite page: The welcoming look of a California outdoor lunch with tables decorated with pyramids of oranges and privet, terrace with pots of marigolds. "Granny" plates by Schmid; "Beacon Hill" silverplate by International Silver; "Boheme" crystal by Orrefors; "Why-y" cotton napkins, vinyl mats designed by Anne Klein for Robinson and Golluber. The lunch is set on designer Thomas Britt's patio.

Above: For a smart late supper, a dramatic black print for tablecloth and ottomans, and dashes of flowers in clear glass vases. "Drabware" earthenware and "Oyster" crystal by Wedgwood; "Pointed Antique" sterling by Reed & Barton; "Le Bec Fin" tablecloth, pillows, "Apollo" napkins, and black satin rings all by Groundworks Studio, whose owner, Pat Ross, provided the loft. Shopping information, page 216.



CHRISTMAS EVE
TREE TRIMMING PARTY

◆

Green beans vinaigrette
Ragout of lamb
with saffron
Brie, French bread
Apples



his tin weathervane friends make a folk-art Christmas setting. On table, holly-sprigged napkins. "Spring Crocus" bone china by Aynsley; "Rossmore" crystal by Waterford; "Craftsman" sterling by Towle; "Big Foot" and "Chinese Feather" cotton tablecloths and "Chevron" napkins designed by Katja of Sweden for The Wellman [illegible]

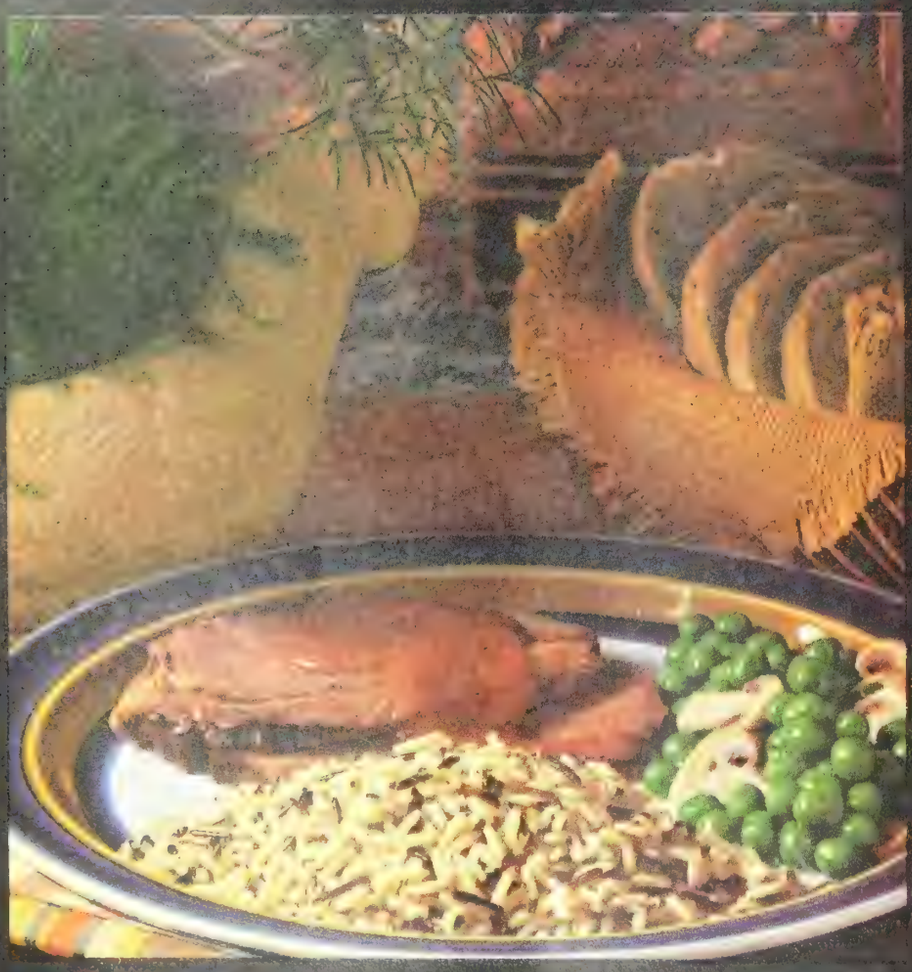
Below: For a romantic occasion, a lace-on-calico setting. "Lotus Garden," a new pattern in bone china, and "Allure" crystal, both by Lenox; "Rose" sterling by Stieff; tablecloths and napkins designed by Dinnerware for Lenox; [illegible] and Sheffield [illegible] of England; Hope Alcorn House is the setting. Shopping information, page 218

ENGAGEMENT CELEBRATION DINNER

◆

Consommé garnished with a julienne of vegetables
Lemon chicken
Snow pea pods
Kiwi sherbet

Sunday's roast beef was fantastic.
Sunday's leftovers and a blend of two rices with different herbs and seasonings made Monday seem like the second Sunday of the week.



What a success.



original or fast cooking

continued from page 173

makes *you* feel it to be natural that th likeness exists, then you in your mode way are recreating. You relive the act creation, and that is why in my opinio appreciation is not passive. It is an acti ity of the same kind. And if that is tru it is an activity in which one can b trained. I think you can be trained to b a better appreciator than you were an possibly even an original creator. At an rate you can make the most of your na tive creative gifts.

The act of creation is, I am sure, th same in science as in art. It is a natura human, living act. Yet, of course, a poe is obviously not like a theorem. How doe it differ? It has nothing to do with how i is composed; it differs because it matche human experience in a different way Take a theorem like the Pythagorea theorem; this is a theorem every chil rediscovers. They always rediscover it i the same form; their experience is intel lectual and can be exactly matched. I the arts this does not happen. Many peo ple are going to paint pictures with a hu man being and an animal, but nobody i going to paint *The Lady with the Stoa* again exactly as Leonardo did. Many people are going to write plays, not ex actly like *Oedipus Rex,* but on a similar theme. In the arts, it is not possible for the experience of one individual to match that of another, as if it were a blueprint. You do not read a work of art for this purpose; you re-create it, but you do not re-create the blueprint. You explore your own experience; you learn; you live; you expand inside. Now this, I think, is the difference between the arts and the sciences, and it lies not in the process of creation but in the nature of the match between the created work and your own act of re-creation in appreciating it.

There have been many great discoveries, both in science and in art, in which the critical link has been met by chance. There are famous discoveries, like the discovery of a workable process for manufacturing synthetic indigo, which occurred because a laboratory boy broke a thermometer when he was stirring the mixture, and it turned out that mercury was the one catalyst that was needed. In the arts, Dryden said that he preferred to write in verse which is rhymed rather than in verse which is unrhymed because, he says quite frankly, "I have often had a very happy thought as a result of looking for a rhyme." There is a well-known example of a composer, I think it was Gounod, who made quite a considerable change in a famous passage by an accident in which he spilled some medicine on the page instead of writing with ink. And there are many such examples.

Why does chance enter in this way? The answer is simply that the mind is roving in a highly charged, active way and is looking for connections, for un-

Continued on page 218

WINE & FOOD



HOW TO PLAN A GREAT PARTY

FROM VEGETABLE SORBETS TO BERRIES FOR DESSERT

HOW CAN ANYTHING NAMED AFTER MANHATTAN BE AS GUTSY, SWINGING AND ALIVE?



TRY IT...ALL THE LIQUOR'S IN IT. THE HEUBLEIN MANHATTAN.

Heublein Manhattan 55 Proof. ©1977 Heublein, Inc., Hartford, Conn 06101.

How to give a great party

ere's the expert way to stock a bar, plan a menu, set the ıble, cook the food — from 2 successful party planners

"The more you do ahead, the better things go," say Christopher Idone and Sean Driscoll, who spend their days planning parties for other people at Glorious Food, the New York catering firm they founded 5 years ago. Here and on the next two pages are their tips for the hostess, plus strategy, menus, and recipes for a buffet and a sit-down dinner given in their professional kitchen.

TWO OR THREE WEEKS AHEAD

Send written invitations with RSVP and follow up with a phone call three or four days before party. "Regrets only" on an invitation leaves hostess up in the air when people forget to respond.



Delicious Roquefort grapes

ONE WEEK AHEAD

Settle menu and plan wines. Paste menu and shopping list (include staples) on refrigerator door.

2 OR 3 DAYS BEFORE

Shop ahead.

Buy flowers ahead so they will unfold to full bloom for the day of the party (can be bought a week ahead and kept in refrigerator).

Buy fruit, especially out-of-season fruit, to give it time to ripen. Try for taste beforehand to make sure you have a decent crop.

Buy cheeses that need to ripen slowly.

Cook what you can—dishes to be frozen, those that taste better aged a day or two.

DAY BEFORE

Prepare at least one course: Make-ahead soup, casserole. Vegetables for a ragout can be cleaned, cut, and stored in plastic bags.

NIGHT BEFORE

Get out all your plates and silver and work out exactly what you're going to serve on each dish. Have platters and serving utensils clean and ready. ("I know a hostess who literally lines up all plates with a note on top of each pile designating which room and table to go on.")

If you're hiring a butler or bartender who has not been in your house before, the more you do ahead the easier it will be. When he arrives, he won't have to keep checking with you to find things.

Set out trays for coffee with cups, saucers, sugar, etc. (Remember to serve tea and decaffeinated coffee, too.)

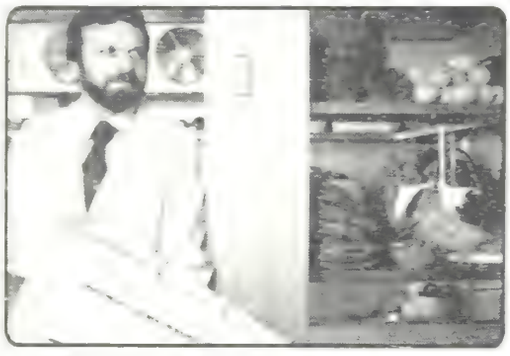
SAME DAY

Buy meat, fish.
Prepare vegetables.
Leave just one dish to make that day.
Set table.

If you've invited guests for 8 P.M., try to be sitting at the dining table by 9.

DINNER SINGLEHANDEDLY

Go about clearing up in a leisurely way. Your guests have already decided to spend the evening with you, so you don't have to rush. Clear up in the kitchen as you go —if you like, put dishes in the dishwasher.



Christopher Idone and walk-in refrigerator

Plan for drinks

Wine. Be sure to plan the wine when you plan the menu. Place white wines in the refrigerator the day before. If refrigerator is full, you can chill wine and champagne in an hour by setting it in sink, bathtub, or plastic garbage can with water and crushed ice up to neck of bottles. Allow ½ bottle per person. Choose a less expensive and fruitier wine to serve for cocktails than you would for dinner, as it is usually mixed with ice.

Bar should be in the corner but free-flowing. Guests should not be able to go behind it. Leave space beneath for storing soft drinks, mixers, empties. Keep cocktails simple unless you want to make a thing of a specialty. For a special celebration try this **Champagne apéritif:** In bottom of champagne glass put a drop of framboise and a teaspoon (depending on how you like it) of raspberry syrup (the German, French, or Hungarian variety); pour ice-cold champagne to the top.

Food for drinks

Make it simple and avoid toothpicks.

Roquefort grapes (see photograph, *left*): Grapes wrapped in a blend of cream and Roquefort cheeses, sprinkled with pistachio. Delicious.

Raw oysters with a dab of caviar.

Crudités. Blanch every vegetable that is blanchable—cauliflower, broccoli, string beans, snow peas. They taste better. Just plunge into boiling water for a minute, and rinse under cold water to set color. Pick the freshest vegetables for crudités and arrange in baskets—red radishes, white onions, scallions, zucchini, and squash in thin strips.

Bar checklist

Create your own guide for larger numbers

2 quarts vodka
1 quart gin
1 quart light rum
2 quarts Scotch
1 quart Bourbon
1 dozen dry vermouth
1 dozen Dubonnet
red or white
1 dozen bottles Canadian whiskey



Champagne and wine chilling in galvanized tub

4 dozen dry sherry
6 bottles white wine (refrigerate ahead)
2 bottles red wine
4 bottles club soda
2 quarts ginger ale
1 bottle bar soda
4 large bottles mineral water

Ice. 35 pounds for a party of 25 includes ice to chill the wine.

Glasses. Stemmed goblets or wine glasses (one for water and 3 glasses per person for cocktails, wine). 4 or 5 per person.

Soft drinks. Remember to offer some canned drinks served in the glass doesn't make the non-drinker feel conspicuous.

Garnishes. Cut lemon, lime, orange (see the same page for instructions)





Sean Driscoll, Chef Jean-Claude Nedelec, and Christopher Idone outside, and, *right*, inside Glorious Food's sleek, professional kitchen

How to give a great party

Step-by-step to a sit-down dinner plus the secrets of a sensational buffet

Successful parties are made by skill, practice, and most important, advance preparation. "Sit down and make lists; if you're not organized, you're not going to make it," is the advice of Christopher Idone, producer of over 5,000 parties and who, with Sean Driscoll, is the talent behind Glorious Food, one of New York's most successful and imaginative catering businesses.

Master party plan

THE BUFFET:

"It's the best solution when you're entertaining more people than your dining table holds."

Make sure everyone has a seat, even if it means spreading all over the house.

Plan the menu so that everything can be eaten easily with a fork.

If you have table space for everyone, use place cards to ensure a good mix of people and prevent friends from gravitating to one table.

Arrange all the food on the buffet at the same time, including the dessert, so guests can see what you're serving, to make a choice.

Invite guests to the buffet and serve the first course. Let them return for their entrée. Serve dessert and coffee at tables or around house—people don't like to get up and down too often.

Plan two desserts to give a choice, simple fresh fruit, perhaps, and a soufflé.

Buffet food should look as good for the guests at the end of the line as it does for the first ones. Plan food that slices easily and neatly like the coulibiac of sole *(below right)*, and always have someone to serve the entrée at the buffet.

If you don't have enough equipment for a large party, rent it and put your own things away—don't try to mix or things get lost.

Pick the simplest design in rental equipment. Rent white napkins.

Splurge on the tablecloth. Buy fabric from discount fabric houses, you can usually find seconds for 60-70 cents a yard. (Lilac fabric on buffet was 70 cents a yard.) You don't even have to hem it unless you want to.

Sheets make great tablecloths as everyone knows: The Halston Rose pattern or Missoni's geometrics by Fieldcrest complement white napkins.

Have extra plates, silver, and food in case extra people come, too.

THE DINNER

If you're giving a sit-down dinner for 16, say from a small kitchen, plan the menu so that if the first course is an arranged plate (like the duck in poached pear), which needs counter space to assemble, the second course would be served from a platter or casserole.

The appearance and color of food is most important. Use color, but not too much; the colors of foods should complement each other.

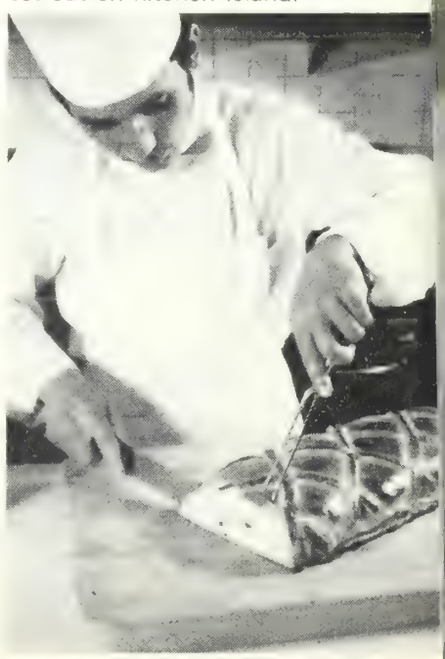
White plates and glass plates show off food the best (but don't overload them, definite shapes look best). Mix white or glass plates with patterned plates for dessert or inexpensive Japanese bowls for first courses and soups. You don't have to have everything matching as long as your dinner plates are the same.

Plain, classic glasses are more versatile than colored or crystal ones. Big 20-ounce tumblers look good for either mixed drinks or wine *(see opposite page)*.

China and silver can be mixed effectively; antique Georgian silver with modern plates and vice versa. Use an antique plate for a service plate and put a glass plate on top. Serve soup in shells, perhaps, instead of a bowl.

Serve salad and cheese together; a thin slice of creamy Boursault cheese on a lettuce leaf to eat with your fingers is manageable and delicious. It dispenses with salad plate and fork. For party recipes, please turn to page 208.

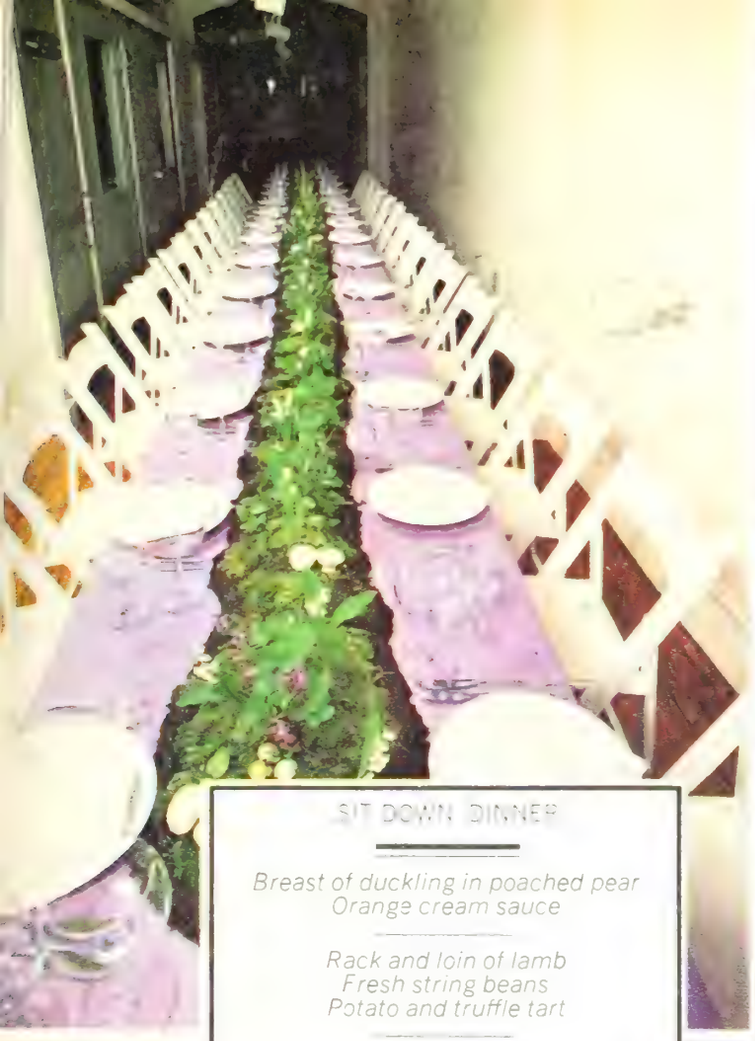
Right: Sit-down dinner, an American Cancer Society of N.Y. gala committee dinner in Glorious Food's kitchen: 30-foot table covered in lilac cotton has a runner of woodland moss studded with lilies of the valley, wild violets, and quail's eggs. First course, **center right,** a circle of pear filled with julienned duckling. **Near right:** the *minceur* look for salad and cheese—a leaf of lettuce, a slice of Boursault. **Below right:** Crusty brown potato and truffle tart, and **bottom right:** chartreuse soufflé. **Far right:** A buffet party for 45. Guests at a Museum of Modern Art pre-spring gala dinner are seated at round tables with taupe-over-white cloths, pink napkins, modern setting from Bailey/Huebner. Centerpiece: Imperial goldfish swim in glass beakers. **Far right bottom:** Buffet set out on kitchen island.



Chef Nedélec slices coulibiac

SETTING THE TABLE

Centerpieces of flowers, fruit, or candles should be low enough for guests to see across the table. Arrangements of eggplants and grapes; a mixture of grapes, orchids and green pears; geraniums in pots, or just grapes in white napery; enamel kitchen dishes filled with lettuce leaves make a change from flowers.



SIT DOWN DINNER

Breast of duckling in poached pear
Orange cream sauce

Rack and loin of lamb
Fresh string beans
Potato and truffle tart

Romaine leaves with Boursault

Chartreuse soufflé
Crème Anglaise

Puligny Montrachet '73
Château Palmer Grand Cru Margaux '71







Tomato sorbet curry sauce
Cucumber sorbet yogurt dill sauce

Coulibiac of sole
Fillet of beef Strasbourgoise

Blueberries, strawberries, and
raspberries crème fraîche





Bake-ahead presents in giveaway containers

Make a pâté, bake a loaf of whole-wheat bread, or bottle a dried fruit compote and give it away with a bonus—the container

Spend a day making pâté with your children as Colette Rossant does with hers. All of them chop, mix, and season—as Mrs. Rossant, author with Jill Herman of *A Mostly French Food Processor Cookbook* (New American Library, $5.95), says: "Pâté is very flexible, exact measurements of ingredients are unnecessary." Then meats are layered into a supply of terrines and baked. Next day, molds are dressed in red and green ribbons, garnished with small paper scrolls that give instructions on cutting and eating: "Slice very thin, eat with your favorite mustard" and a bonus, "Bring your terrine back during the year and we'll refill it for you!"



Colette, Tomas, Marianne, and Juliette Rossant making pâtés

The pâté can be molded into many different shapes and prepared *en gelée, en croûte,* or both. If you are using a dry meat, such as veal, be sure to put a layer of fat on top so you will have a moist pâté.

Four-meat pâté

INGREDIENTS

1½ pounds veal, cut into 1½-inch cubes
1½ pounds fresh lean pork, cut into 1½-inch cubes
1½ pounds sweet Italian sausage
6 chicken livers, cleaned
2 chicken breasts, skinned and boned
1 egg
½ teaspoon sage
3 shallots, chopped
3 tablespoons parsley, chopped
Salt and pepper
½ cup cognac
3 tablespoons dried tarragon
Pistachio nuts, olives, or truffles
½ pound fresh pork fat
2 slices fatback or bacon
Bay leaf (optional)
Flour
Aspic recipe (optional), page 202
Pastry crust (optional) recipe, page 202

METHOD

☐ Grind the veal in a meat grinder or food processor until fine. Remove to a bowl.

☐ Grind the pork to the same texture and remove to a bowl. Remove sausage meat from its casing by squeezing and place in a bowl. Wash chicken livers well, remove any tendons. Cut in half and place in a bowl. Cut the chicken breasts into strips about ¾-inch wide and place in another bowl.

☐ Season each meat as follows: To the ground veal, add the egg, sage, and 2 of the shallots. Mix well. To the ground pork, add the parsley, the remaining shallot, and salt and pepper. Mix well. To the chicken livers, add 2 tablespoons cognac, all the tarragon, and salt and pepper. Stir. Add the remaining cognac to chicken breasts and the truffle juice, if you are using truffles.

☐ Cut the pork fat into very narrow ¼-inch strips. Reserve.

☐ Place a slice of fatback or bacon in the bottom of a 1½-quart terrine or loaf pan. Spoon in half the sausage meat. Lay the strips of chicken breast, lengthwise, over the sausage meat; spread the ground veal on top.

☐ Next, place strips of pork fat on top of the veal, at ¼-inch intervals, parallel to the sides of the terrine.

☐ Place the chicken livers in a row down the center of the pâté. Arrange the nuts, olives, or truffles around the livers so that each slice will have some of their color.

☐ Spoon the ground fresh pork over the liver layer. Cover the pork layer with the remaining sausage meat. Place a slice of fatback or bacon on top of the sausage. Top with a bay leaf.

☐ Cover the pâté with the lid of the terrine or with aluminum foil; make a hole in the center for the steam to escape.

☐ Put some flour in a bowl and add enough water to make a dough. Knead with fingers until elastic, then roll out into long thin ropes. Press them around terrine lids to hermetically seal them. Bake in a *bain marie* for 1½ hours in a preheated 375° oven.

☐ When the pâté is cooked through, remove lid and weight down. Let the pâté cool overnight before adding the aspic.

(Continued on page 202)

CHRIS REINHARDT



Clare and Kate Ellis, Jennifer and Oli[illegible] Rowan tasting freshly baked bread cook[illegible]

Bread is at home in just about any well-greased baking container from cookie cutters (see children's cooking class, page 147) to a black bread pan. Bake a loaf in a glass mold to reuse again for casseroles; an earthenware pudding basin, a shape with multiple uses; or a clay pot. The whole-wheat recipe, *below,* makes one regular sized loaf of bread—good, too, for the glass mold and the pudding basin—and about one dozen 2-inch cookie breads. As well as teaching the children's bread-making class, Ann Rowan, Director of The Silo cooking school in New Milford, Conn., offers a course in holiday gift making. Students learn, among other things, the mustard and cucumber pickles and winter fruit compote shown on page 151. For recipes, turn to page 206.

Whole-wheat bread

INGREDIENTS

2 tablespoons molasses or honey
½ cup warm water
1½ tablespoons (1½ packages) dry yeast
3¾ cups whole-wheat flour
1 tablespoon salt

METHOD

☐ Dissolve molasses or honey in ½ cup warm water, mix in yeast, and let stand a few minutes until yeast "foams up."

☐ Mix flour and salt together, add yeast mixture and enough warm water to make a sticky, loose dough. Stir well. To make the bread as a standard loaf, put in a well-greased 9-by-5-by-3-inch loaf pan and let rise to the top of the pan (about 30-45 minutes).

☐ Bake in a preheated 400°-425° oven 45-50 minutes or until loaf sounds hollow when tapped on the bottom of bread. Cool on rack. The method for making the dough into Brown Bread Christmas Cookies is on page 147.



The apple of our eye.

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Our natural cheddar. Cracker Barrel cheddar cheese.
It's another reason America spells cheese KRAFT.

Our pride. Your joy.

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Aspic for pâté

INGREDIENTS

3 cups beef or chicken stock
2 envelopes unflavored gelatin
1 teaspoon soy sauce
Salt, pepper
Olives, sliced carrots, fresh tarragon, or parsley for decoration

METHOD

☐ On the day after baking the pâté, heat the stock in a saucepan until it boils. Meanwhile, in a bowl, soften the gelatin in 2 tablespoons cold water.

☐ Add the gelatin to the stock and boil 1 minute, stirring all the while. Add soy sauce for color, and salt and pepper to taste. Remove to a bowl and let stock cool to room temperature.

☐ Meanwhile, pour all the liquid off the pâté and remove any unmelted bacon and the bay leaf. Pour half the cool but still liquid stock over the pâté and refrigerate for 15 minutes. Make your decorations with olives, carrots, tarragon, or parsley and place them on the hardened aspic. When the design seems pleasing, cover with the remaining stock.

☐ Refrigerate for at least 1 day, preferably 2, before serving. Serve sliced, on a bed of lettuce, accompanied by a Dijon mustard like Grey Poupon or your own favorite. Makes 12-14 slices. The pâté will still be good after a week to 10 days if well sealed.

Pastry for pâté

Double the recipe below to make a 1½-quart-size pâté en croûte, but make the dough in 2 batches if using a food processor. Leftover dough, wrapped in plastic wrap, freezes well to be used again.

INGREDIENTS

½ cup butter, melted
½ cup hot water
½ cup vegetable oil
2½ cups all–purpose flour
Pinch salt
1 egg yolk beaten with 1 tablespoon cold water

METHOD

☐ Place butter, water, oil, flour, and salt in the work bowl of the food processor and run until dough is a coarse meal; pat together to form a ball. Or put ingredients in a bowl and work together with fingers until the texture is a coarse meal. Wrap and store in refrigerator until ready to use.

Divide ⅓ of the dough and reserve it. Roll out the remaining dough on a floured board. Gently lift dough and press into a hinged metal pâté mold. Layer in the pâté as described in the main recipe. When full, roll out reserved dough and lay on top of the pâté. Brush edges of dough with egg-yolk glaze and seal around the perimeter, trimming off excess dough.

☐ Cut a small hole in the pastry top and fit it with a tin foil funnel to let the steam escape. Brush entire top with egg-yolk glaze and bake in a preheated 375° oven for 1½ hours (no need for *bain marie*). Let pâté rest and cool. You can add aspic through the funnel hole then hide the opening with a sprig of parsley. ■

BAKE-AHEAD BREAD

(as shown on page 146)

"Baking is a wonderful way of sharing with family and friends. It means caring and smells like love all the time," says Linda Wasserstein, who gives bread-baking demonstrations. Her children even bake bread and cakes to sell at tag sales! The recipes here were tailored for the Brick Oven bread pans (8 by 4 by 3½ inches), see Living, page 10.

White bread

INGREDIENTS

1 tablespoon dry yeast
¼ cup warm water (110°-115°)
2 cups warm milk (110°-115°)
3 tablespoons butter, melted
1 tablespoon salt
3 tablespoons honey
6-6½ cups all–purpose flour

METHOD

☐ In a large bowl, dissolve yeast in water. Let stand 5 minutes. Stir in warm milk and add melted butter, salt, and honey. Beat for 1 minute.

☐ Stir in 3 cups flour, 1 cup at a time. Beat for 2 minutes. Add 4th cup flour and beat until smooth. Add a 5th cup and work in. Turn dough out onto a liberally floured board. Knead 8-10 minutes, adding remaining flour as dough needs it. Place in greased bowl and turn to grease top.

☐ Let rise, covered, 1½ hours until doubled in bulk. Punch dough down and knead on a floured surface 1-2 minutes. Divide in half. Form each half into a 9-by-12-inch rectangle. Starting from the short edge, roll up jelly-roll style and place in lightly greased bread pans.

☐ Cover and let rise 1-1½ hours or until dough rises slightly over top of bread pans. Gently make 3 diagonal slashes across top of bread with a very sharp knife or razor blade.

☐ Bake in a preheated 350° oven about 25-30 minutes until bread sounds hollow when tapped. Cool on wire racks.

Cheese bread

INGREDIENTS

7-8 cups all–purpose flour
⅓ cup sugar
1 tablespoon salt
2 tablespoons dry yeast
⅔ cup milk
3 cups sharp Cheddar cheese, grated, about ¾ pound
1 egg beaten with 1 teaspoon cold water for glaze
1 teaspoon sesame seeds

METHOD

☐ Mix together 2½ cups flour, sugar, salt and yeast in a large bowl. Combine water and milk in a saucepan and heat over low heat to 120°-130°. Gradually add to dry mixture and beat for 2 minutes.

☐ Add cheese and ½ cup flour. Beat again until smooth. Gradually stir in enough flour to make a stiff dough, about 4 cups. Turn out onto floured board and knead until smooth, 8-10 minutes.

☐ Place in a greased bowl, turn to grease top. Cover, let rise until double in bulk, about 1-1½ hours. Punch dough down and turn out onto floured board.

☐ Divide dough in half. Set 1 piece aside and, working with the other half, divide into 3 equal parts. Roll each into a 10-inch rope. Braid these 3 ropes and place in a lightly greased bread pan. Repeat with other half.

☐ Cover and let rise about 1 hour or until they rise slightly above the top of the bread pans. Brush tops with beaten egg and sprinkle each with ½ the sesame seeds.

☐ Bake on lowest shelf of preheated 350° oven for about 30-35 minutes. Remove from pans and cool on racks. If tops get dark during baking, cover with tin foil.

Onion bread

INGREDIENTS FOR DOUGH

1 tablespoon active dry yeast
1 cup warm water (115°-120°)
2 tablespoons sugar
2 teaspoons salt
3 large eggs
6 tablespoons margarine
4-5 cups all–purpose flour
1 egg beaten with 1 teaspoon cold water for glaze

INGREDIENTS FOR FILLING

½ cup onion, chopped
½ teaspoon salt
¾ teaspoon poppy seeds
¼ cup dry bread crumbs
3 tablespoons oil

METHOD FOR FILLING

☐ Mix ingredients for filling together in a bowl and set aside. May be made the day before and refrigerated.

METHOD FOR BREAD

☐ Dissolve yeast in warm water in a large bowl. Stir in sugar, salt, eggs, margarine. Beat for 2 minutes. Add enough flour to form a stiff dough and beat again. Turn out onto a floured board and knead 8-10 minutes until smooth and elastic.

☐ Place in a greased bowl and turn to grease top. Cover, let rise in warm place, 1½-2 hours. Punch down, turn out onto a floured board. Knead 1-2 minutes.

Continued on page 204

When you sell more microwave ovens than anyone else in the world, you know what people want in a microwave oven.



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For a copy of the recipes pictured in this ad and other international recipes, ask for your booklet "International Recipes" at your Panasonic microwave oven dealer.

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*Panasonic gives you a limited warranty which covers all parts except lamps, glass and plastic items, temperature probe (probe comes only with models NE-7800 and NE-7900), and oven interior and exterior finishes. It covers related labor for five years in the event of a manufacturing defect. The warranty includes replacement of the magnetron tube. Carry-in service is free at any Panasonic Servicenter. In-home service is also available, but you are responsible for any service call charge.

Divide dough in half. Set 1 piece aside. Form dough into a 10-inch square. Reserve 2 tablespoons of onion mixture for the top of breads. Spread ½ remaining mixture on dough leaving a border and a strip down the middle uncovered. Cut dough in half lengthwise and pinch each half closed along the cut side. You now have 2 long pieces about 2½ by 10 inches.

☐ Place pieces next to each other on board. Press top ends together and braid. Place in lightly greased bread pan. You may have to compress slightly to fit into pan. Repeat with other half of dough.

☐ Cover and let rise about 1½ hours or until dough rises slightly past rim of pan. Brush with egg glaze and gently spread reserved onion mixture on top. Bake in a preheated 350° oven 20-25 minutes. Turn out of pans and cool on racks.

Mama's favorite challah

INGREDIENTS

4½-5½ cups all–purpose flour
1½ teaspoons salt
1 tablespoon dry yeast
⅓ cup sweet margarine, softened
1 cup very warm tap water (120°-130°)
4 eggs, room temperature
⅓ cup clover honey or ¼ cup sugar (If you don't want to use honey or want a less sweet bread)
1 teaspoon cold water
¼ teaspoon poppy seeds (optional)

METHOD

☐ In a large bowl thoroughly mix 1¼ cups flour, the salt, and yeast. Add margarine and warm water and beat for 2 minutes. Add 3 of the eggs and the white of the remaining egg. Reserve the yolk to glaze the breads. Add another ½ cup flour, the honey or sugar, and beat at high speed for 2 minutes.

☐ Stir in, on low speed, 1 cup at a time, enough additional flour to make a soft dough (about 3¼-3½ cups more). Dough will be sticky. Turn out onto a well-floured board and knead by hand 8-10 minutes or with a dough hook 4-5 minutes. Place in an oiled bowl and let rise, covered with plastic wrap, in a warm place 1½-2 hours.

☐ Punch down and turn out onto floured board. Divide dough in half. Set ½ aside and working with ½, divide it into 3 equal pieces. Roll each piece into a 10-inch rope. Twist each rope around itself 8-10 times (like a telephone cord). Place first piece on board and press ends down so it does not untwist while you do the others. Braid 3 strands and place in a lightly greased bread pan. Repeat with other half of dough.

☐ Cover and let breads rise 1-1½ hours or until they rise slightly above the top of pans. Beat reserved egg yolk with the teaspoon cold water and brush tops of doug sprinkle with poppy seeds. Bake in a p heated 350° oven 20-25 minutes. Remo from pans and cool on racks. Can also made as 1 large loaf and baked on greased cookie sheet.

Jenny's and Adam's banana bread

INGREDIENTS

1⅓ cups all–purpose flour
¼ teaspoon salt
1 teaspoon baking soda
¾ teaspoon baking powder
⅔ cup sugar plus 1 teaspoon
6 tablespoons butter, softened
2 eggs, beaten
2 medium bananas, mashed (about 1¼ cups)
1 cup walnuts or pecans, chopped
½ cup apricot preserves
About 27 walnut or pecan halves

METHOD

☐ Mix together flour, salt, baking soda and baking powder in a bowl and se aside. In another bowl cream ⅔ cup suga with the butter until light. Add eggs an banana and mix thoroughly. Stir in nuts.

☐ Add flour mixture all at once and mi only until blended. Grease bread pan an line bottom with waxed paper. Pour in bat ter, smooth top with knife and bake in preheated 325° oven 50-60 minutes o until a toothpick inserted in the cente comes out dry. Gently remove from pa by running a knife around edges and turn out onto a rack to cool.

☐ Put apricot preserves and remainin teaspoon sugar in a small saucepan an heat gently until it begins to bubble. Pu through a sieve. While glaze is warm, brus top of bread generously. Place nut halves in 3 rows down whole length of bread. Le set 1 minute. With a spoon, drop remain der of glaze on bread and gently spread evenly with knife or pastry brush. Let se until completely cool and firm. Cut slices between rows of nuts. Makes 1 loaf.

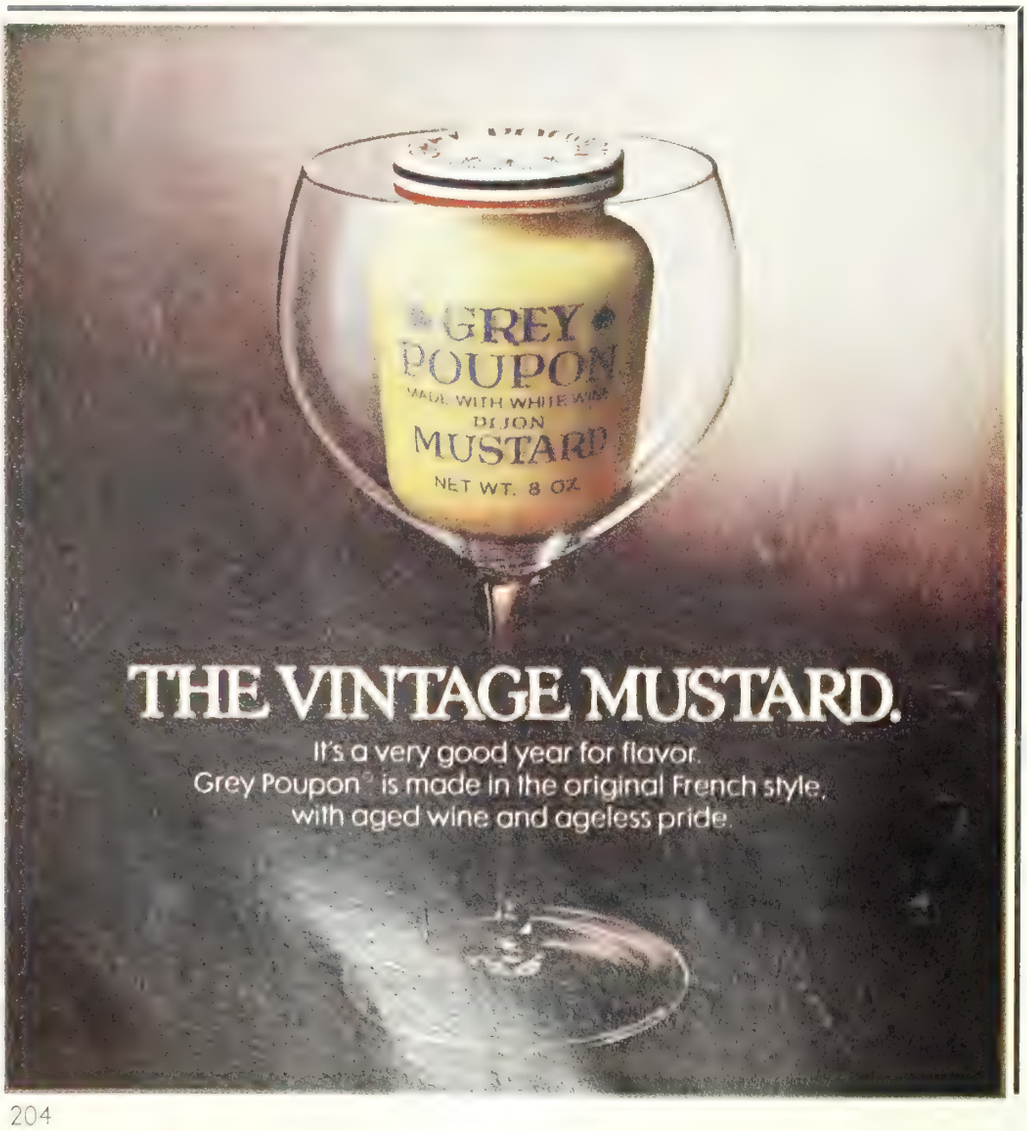
☐ To freeze, place bread in freezer un wrapped for 10 minutes so that topping will freeze, then wrap and freeze (this prevents sticking).

Apple spice bread

INGREDIENTS

1⅓ cups all–purpose flour
¾ teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon powdered cloves
1 cup sugar plus 1 teaspoon
½ cup oil
2 eggs, beaten
1 teaspoon vanilla
2 cups apples, coarsely chopped
½ cup raisins
½ cup nuts, chopped
6 nut halves

Continued on page 206



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and one Amaretto di Galliano.



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Mix together, flour, baking soda, salt, cinnamon, and cloves in a bowl and set aside.

Mix 1 cup sugar with oil in a large bowl, add eggs and vanilla, then stir in apples, raisins, and nuts. Add flour mixture and stir until mixed.

Grease bread pan and line just the bottom with waxed paper. Pour batter into pan and smooth top. Bake in a preheated 325° oven 50-60 minutes.

After bread has baked 20 minutes, gently pull out oven rack part way and sprinkle top of bread with 1 teaspoon sugar and place the 6 nut halves down the center of the bread, pressing just slightly. Return rack to oven and finish baking. Turn onto rack to cool. Makes 1 loaf.

Cranberry-pecan bread baked in a Schlemmertopf *(page 149)*

INGREDIENTS

1½ cups fresh cranberries, coarsely ground in a food processor or food mill
1¼ cups sugar
3 cups all–purpose flour
4½ teaspoons baking powder
½ teaspoon salt
½ cup vegetable shortening
1½ cups pecans, chopped
2 teaspoons lemon zest, grated
2 eggs
1 cup milk
Whole, raw cranberries

METHOD

Soak the lid of #833 or #831 glazed Schlemmertopf in warm water for 10-15 minutes.

Mix ground cranberries with ¼ cup sugar in a bowl and set aside. Sift flour, remaining sugar, baking powder, and salt into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in nuts, lemon zest, and cranberries. Beat eggs in a bowl, add milk, and mix; then add all at once to flour mixture. Stir just until ingredients are moistened—batter will be lumpy but do not overmix.

Pour into Schlemmertopf, cover, and place in a cold oven. Turn heat on to 375° and bake 1 hour, then remove cover and bake 10 minutes longer or until golden brown. Cool in pot 10 minutes and then turn out and slice when completely cooled. Or, to give the bread in the pot, garnish around the edges with whole cranberries.

Tangy lemon bread

INGREDIENTS FOR BREAD

2½ cups all–purpose flour
2 teaspoons baking powder
½ teaspoon salt
1 cup sugar
5 tablespoons butter, softened
2 eggs, beaten
Grated zest of 1 medium lemon
1 cup milk

INGREDIENTS FOR TOPPING

⅓ cup superfine sugar
Fresh lemon juice
Grated lemon zest

METHOD FOR BREAD

Mix together flour, baking powder, and salt in a bowl and set aside.

Cream sugar and butter together in a bowl until light. Add eggs and lemon zest and mix thoroughly. Add the flour mixture alternately with the milk to the creamed mixture half at a time. Mix until just blended.

Grease bread pan and line just the bottom with waxed paper. Pour in batter, smooth top with knife, and bake in a preheated 325° oven 50-60 minutes or until a toothpick inserted in center comes out dry. Gently remove from pan by running knife around edges and turn out onto a rack. Spoon lemon topping on bread while it is still hot.

METHOD FOR TOPPING

Mix superfine sugar with enough fresh lemon juice to make a thin paste (about ½ medium lemon). Spoon over the top of the bread a little at a time. When about half used, sprinkle on lemon zest. Continue spooning on remainder of topping. Place bread on a cookie sheet and heat under broiler 1-2 minutes until sugar bubbles and caramelizes (watch carefully). Slide onto rack to cool. Makes 1 bread.

MAKE-AHEAD PICKLES AND PRESERVES

(as shown on page 151)

The beauty about preserves is that they can be done way ahead of time for Christmas giving. Ann Rowan, Director of The Silo cooking school in New Milford, Conn., provides a seasonless idea with her dried-fruit compote as well as vegetable pickles.

Cucumber pickles

INGREDIENTS

12 large, ripe, yellow cucumbers
6 large onions, sliced
1 cup pickling or kosher salt
3 cups cider or white vinegar
1 cup water
2 cups sugar
2 tablespoons mustard seed
2 teaspoons celery seed
2 teaspoons turmeric
Grape leaves (optional)

METHOD

Peel cucumbers, quarter, cut out seeds, and cut into bite-size chunks or strips. Soak cucumbers and onions overnight in a brine of the salt and 4 quarts water. Drain.

Mix vinegar, 1 cup water, sugar, mustard and celery seed, and turmeric in nonaluminum saucepan and cook 5 minutes until sugar is dissolved. Add cucumbers and onions and heat to boiling but *do not boil.* Pour into sterilized canning jars and seal. A grape leaf may be added to each jar. Makes 6 pints.

Winter fruit compote

INGREDIENTS

2 cups dried prunes
2 cups dried apricots
1 lemon, thinly sliced
3 cups water
1-2 tablespoons fast-cooking tapioca
½ cup sugar
1-2 sticks cinnamon
Port wine (optional)

METHOD

Simmer prunes, apricots, and lemon in water, tapioca, sugar, and cinnamon 30 minutes in a large saucepan until tender. While still very hot, pack into jars and cover with syrup plus a little port if you wish. Makes about 3 pints.

Mustard pickles

Adapted from a recipe in The Pleasures of Preserving and Pickling *by Jeanne Lesem (Knopf, $8.95).*

INGREDIENTS

1 pound small unwaxed cucumbers, cut in ½-inch-thick slices
¾ pound small white onions, peeled and blanched for 3 minutes in boiling water
2½ cups cauliflowerets
1½ cups bell peppers, red and green, cut into ¼-inch chunks
½ cup pickling or kosher salt
5 cups water
½ cup flour
1 teaspoon ground turmeric
3 tablespoons dry mustard
1 teaspoon celery seed
1 teaspoon mustard seed
½ teaspoon whole cloves
½ teaspoon whole allspice (tie allspice and cloves together in a cheesecloth bag)
1 cup light brown sugar, well packed
4 cups cider vinegar

METHOD

Layer cucumbers, onions, cauliflower, and peppers with the salt in a 3-quart glass bowl and add the 5 cups water. Place a plate over the vegetables and pile it with weights to weight down the vegetables. Let stand 24 hours.

Heat vegetables in brine in a big pot stirring often until hot to the touch but *do not boil.* Drain but keep hot.

Mix flour, turmeric, mustard, celery and mustard seeds, and clove–allspice bag with the brown sugar in a 4-quart saucepan and gradually stir in vinegar. Stir constantly over medium heat until mixture is as thick as medium cream sauce. Add the hot, drained vegetables

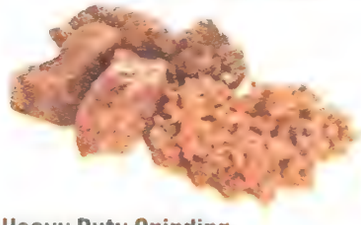
Continued on page 208

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HAMILTON BEACH | Scovill

How to give a great party
continued from page 198

Roquefort grapes

INGREDIENTS

½ pound Roquefort cheese
½ pound cream cheese (does not work with dietetic or gum-based cheese)
1 bunch small seedless green grapes, chilled (about 1 pound)—the larger the grape, the more cheese it will take to cover it
¼ pound pistachio nuts, finely chopped

METHOD

☐ Let the two cheeses rest at room temperature for at least 2 hours. Pass the Roquefort through a food mill into a bowl. Add cream cheese and blend well. Return cheese to refrigerator for about 1 hour or until cheese is solid but malleable.

☐ Remove chilled grapes from stem. Put a small amount of cheese in the palm of your hand, place grape in the center and roll grape and cheese between both palms until grape is entirely coated. Place grapes on a sheet of grease-proof paper set on a dish or platter. Separate layers of grapes with more paper. Return grapes to refrigerator for a good 3 hours to firm.

☐ Place chopped nuts in a small pan or dish. Reroll grapes to shape them perfectly. Then quickly shake each in the nuts using a fast side-to-side motion. Arrange to look like the original grape bunch on a tray or small basket with vine leaves or lemon leaves. Refrigerate until serving.

☐ Grapes can be prepared the day ahead but add the nuts just before serving, as they become absorbed into the cheese the longer they rest.

Breast of duckling in poached pear

INGREDIENTS FOR DUCK

1 fresh Long Island duck, 5-6 pounds
Salt and pepper

INGREDIENTS FOR POACHED PEAR

2 cups water
1 cup white wine
⅓ cup fresh lemon juice
½ cup sugar
5 small, ripe, fresh pears, peeled and cut in half lengthwise

INGREDIENTS FOR ORANGE DRESSING

4 oranges
3 medium black truffles, cut in fine strips
2 tablespoons walnut or peanut oil
1 tablespoons fresh lemon juice
Salt and pepper to taste

INGREDIENTS FOR ORANGE CREAM SAUCE

½ cup homemade mayonnaise
Juice of ½ lemon

Continued on page 210

continued from page 206

and a cooking stirring just to the boil. Discard clove allspice bag. Pack hot mixture into hot sterilized jars, and seal. Store 1 month before using. Makes about 5 pints. Once put up, the pickles can be spooned into prettier jars, for gift giving if kept refrigerated. Good with cold roast meats.

Vegetable mosaic

The larger the jar, the more attractive these pickled vegetables will be. Packing the vegetables can be tricky and each layer should be firmly packed in the center so it will not "float" out of shape when pickling brine is added.

INGREDIENTS

For each quart:
Onions, sliced
Okra
Green beans
Yellow beans
Broccoli
Mushrooms
Small, whole white onions
Carrots, sliced
Cauliflowerets
Cucumbers, sliced
Cherry tomatoes
Red peppers, sliced or chunked
Green peppers, sliced or chunked
Zucchini, sliced or julienned
1 quart white vinegar
½ cup salt
1 cup sugar
3 tablespoons pickling spices

METHOD

☐ The vegetables must be prepared differently before packing: Blanch the onion slices in boiling water for 1 minute. Blanch the okra, green beans, and yellow beans the same way. Parboil the broccoli, mushrooms, whole white onions, carrots, and cauliflowerets in boiling water for 3 minutes. The cucumbers, cherry tomatoes, peppers, and zucchini are packed raw.

☐ When all the vegetables are prepared, begin packing the jar with the firmer vegetables such as the cauliflower. Put the more perfect looking pieces on the outside, then pack the center firmly with more pieces. The whole layer should be of the same vegetable; if a piece slips out of place the same color will be behind it.

☐ Layer the vegetables contrasting their colors and shapes—the carrots might stand up on the outside of the jar, but the center of the layer will be lying flat. Continue until the jar is fully packed.

☐ Bring the vinegar, salt, sugar, and pickling spices to a boil in a large saucepan, strain, then pour it over the vegetables. If there is not enough brine to fully cover the vegetables, make another batch. There will be plenty of vegetables to fill a 2-liter jar (but you need the extra to choose the best pieces). ■

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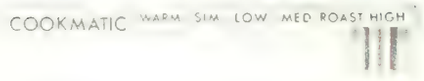
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continued from page 208

1 tablespoon Grand Marnier
Salt and pepper to taste
Reserved chopped oranges and juice
½ cup heavy cream, whipped stiff

INGREDIENTS FOR ASSEMBLING DISH

Pear rounds, dried on paper towels
Orange sections
Duckling-truffle mixture
Julienned orange skin
10 sprigs of fresh mint
Orange cream sauce

METHOD FOR DUCK

☐ Preheat oven to 450°. Dry the duck thoroughly and salt and pepper the inside. Place the duck, breast up, in a roasting pan and roast for 30 minutes. Reduce heat to 375° and continue roasting for another 40 minutes. Remove from oven and set aside until cold. Carefully remove the breasts of duck and discard skin. Cut breasts lengthwise in thin slices and then crosswise in fine strips. Place in a bowl and set aside. Can be done a day ahead.

METHOD FOR POACHED PEAR

☐ In an enameled saucepan bring the water, wine, lemon juice, and sugar to a boil. Add pears and bring liquid to just below simmer, cover with wax paper, and cook for about 8 minutes or until pears are tender when pierced with a knife. Cool pears in syrup. Can be done a day ahead.

☐ Remove pears from syrup and set syrup aside. Cut each half with a 1½-inch-diameter round cookie cutter. Cut each side of the pear rounds so that they are all ½-inch thick. With a teaspoon, partially scoop out the center of each round and return to the syrup.

METHOD FOR ORANGE DRESSING

☐ Remove the orange part of the skin in strips with a potato peeler and julienne them. Add strips to a pan of boiling water and cook for 10 minutes. Drain and dry strips on paper towels. Set aside.

☐ With a sharp knife, cut off all the white inner skin of the peeled oranges. Over a large bowl, cut oranges into neat skinless segments and save any juice that is extracted. Select 20 of the best sections and keep refrigerated. Divide the remaining sections into 2 equal piles and cut one pile into fine strips and add to the reserved duck. Cut the second pile very fine and mix with the juice and reserve.

☐ Add truffles, oil, lemon juice, and salt and pepper to taste to the duck and orange mixture and mix well.

METHOD FOR ORANGE CREAM SAUCE

☐ In a bowl mix mayonnaise, lemon juice, Grand Marnier, and salt and pepper to taste. Add chopped oranges and juice and mix again. Slowly fold in the cream. Makes about 2 cups sauce.

Continued on page 212

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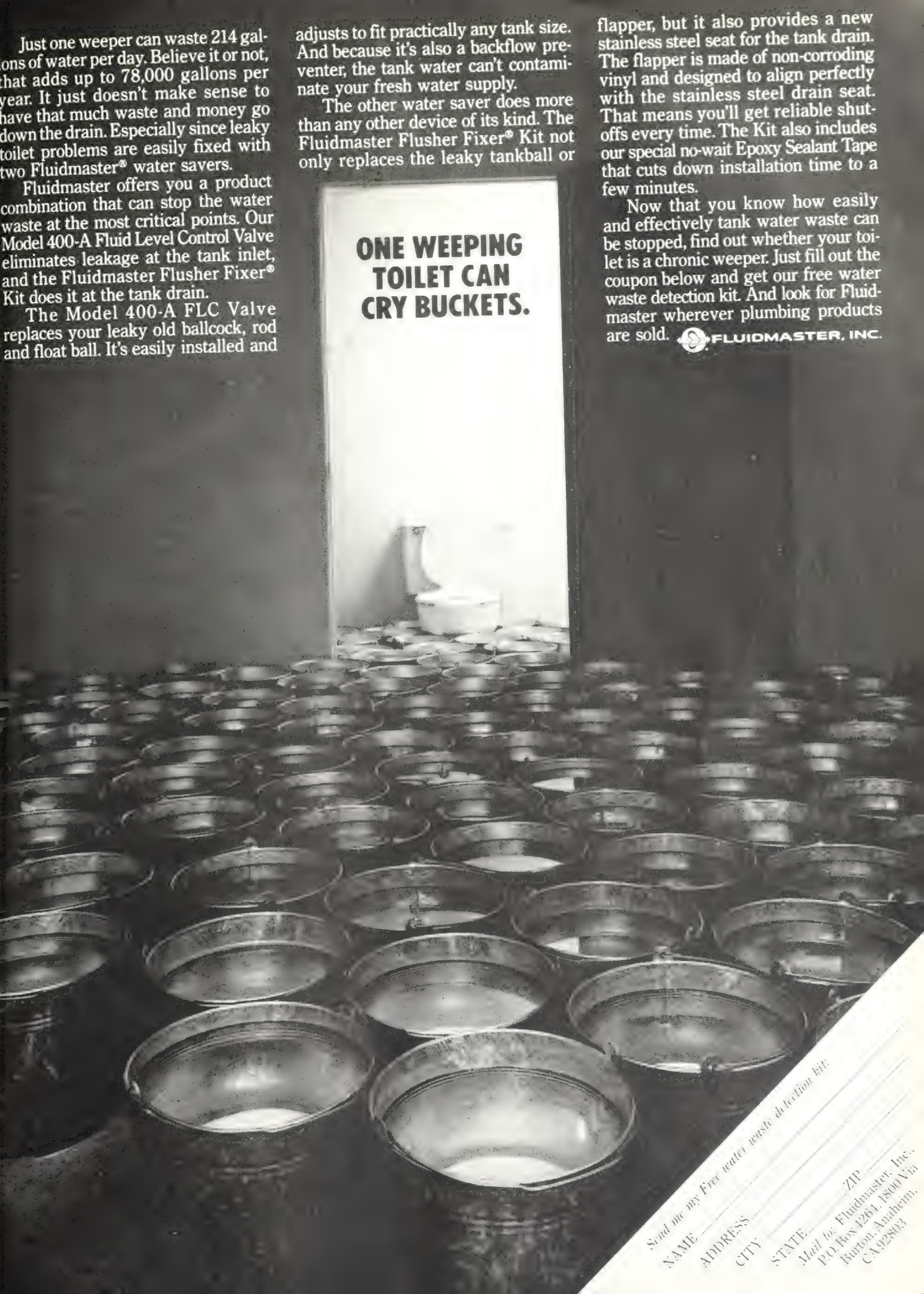
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METHOD FOR ASSEMBLING DISH

Place pear rounds on individual plates, arrange two orange sections opposite each other on the round, and fill each round with a generous tablespoon of the duckling truffle mixture. Top with julienned orange skin and decorate plate with a sprig of mint. Serve with orange cream sauce. Serves 10.

Potato and truffle tart

INGREDIENTS

½ pound sweet butter, cut into pieces
5 large Idaho potatoes, peeled
Salt and freshly ground black pepper
2-3 medium truffles, thinly sliced

METHOD

☐ Melt butter in a heavy skillet until completely melted, remove from heat and allow to rest in a warm place for 30 minutes. Skim the foam from the surface and spoon the clear butter into a saucepan, leaving the milky residue in the bottom of the skillet.

Slice potatoes very thin and place in a bowl of salted ice water. This can be done a day ahead and kept in refrigerator.

☐ Cover the bottom of a 9-by-1¼-inch Pyrex pie plate with 2 tablespoons of prepared butter. Drain potatoes, dry thoroughly with a linen towel, and season with salt and pepper. Arrange slices in a circle with the rounds overlapping on the bottom of the plate. After one layer is complete, place truffles on top, pour some butter over layer and continue to line plate with potatoes until completely filled. Place a towel over the plate and with a second plate press potatoes firmly together. Remove towel and pour remaining butter over the potatoes.

☐ Bake in the middle of a preheated 500° oven for 45 minutes or until golden brown. Remove potatoes from oven and cool for about 3 minutes. Turn plate upside down on a round serving platter; if potatoes do not release, run a narrow metal spatula around the rim. Slice into pie wedges and serve immediately. Serves 8-10.

Chartreuse soufflé

With special thanks to Ros Andries de Groot

INGREDIENTS

1 tablespoon sweet butter
About 1 tablespoon granulated sugar
9 egg whites
Pinch salt
6 tablespoons superfine sugar
Pinch cream of tartar
4 egg yolks (save additional 5 for sauce)
½ cup green chartreuse
Powdered sugar
Crème Anglaise sauce (recipe follows)

METHOD

☐ Line underside of top oven rack with tin foil shiny side down. This will brown the top of the soufflé.

☐ Butter a tin-lined copper oval pan about 9 by 13½ by 1½ inches deep or any oven-going dish of like size and dust with granulated sugar.

☐ Beat egg whites with a pinch of salt in a large bowl until whites are peaked and fluffy. Gradually add 3 tablespoons superfine sugar and a pinch cream of tartar.

☐ Beat the egg yolks in another large bowl until thick and lemony in color. Gradually add the remaining 3 tablespoons superfine sugar. Fold in the chartreuse.

☐ Beat in 1 heaping spoonful of egg white. Fold in remaining egg whites. Transfer mixture to baking pan, shaping mixture into peaks as much as possible.

☐ Place on lowest oven rack in a preheated 400° oven and bake 12-15 minutes, until lightly browned and puffed. Dust with powdered sugar put through a fine sieve and serve immediately with the sauce. Serves 8-10.

Crème Anglaise

INGREDIENTS

5 egg yolks (saved from the soufflé)
⅓ cup sugar
1 teaspoon vanilla extract
1 tablespoon Grand Marnier
½ cup or more heavy cream

METHOD

☐ Beat yolks and sugar in the top of a double boiler over barely simmering water. When lemony in color and mixture coats the whisk, gradually add the vanilla and Grand Marnier.

☐ Once mixture is thick, slowly add the cream, beating constantly until sauce is the consistency of light cream—if sauce looks as if it might begin to curdle, remove from heat and continue adding cream. Place on warm stove top and serve warm when soufflé is ready to serve. Makes about 1½ cups sauce.

Tomato sorbet

INGREDIENTS

4 very ripe tomatoes, peeled
Pinch salt
2 drops Tabasco sauce
Dash white pepper
1 egg white, beaten stiff
Curry sauce (recipe below)
Mint sprigs

METHOD

☐ Cut tomatoes crosswise in half. Squeeze each half into a bowl to remove juice and seeds. Pass juice through a sieve into a bowl and discard seeds.

☐ Cut flesh of tomatoes into small pieces. Put into a blender or food processor with tomato juice, salt, Tabasco sauce, and pepper. Blend until very smooth. Pour into a flat pan (silver foil containers are most suitable). Cover with foil and freeze. Sorbet can be prepared several days ahead to this point.

Remove mixture from freezer. Let stand at room temperature for about 10 minutes. Turn pan upside down on a cutting board to remove ice from pan. With a heavy knife, cut ice in small pieces and put into food processor. Blend until smooth, then add egg white. Blend again until you attain a velvety consistency. Test for seasoning. Return to container, cover tightly, and store in freezer.

☐ One hour before serving, check sorbet for consistency. If too hard, remove from freezer and store in refrigerator. Serve with curry sauce and decorate with a sprig of mint. Serves 6. Sorbet can be finished with egg white the day before serving.

Curry Sauce

INGREDIENTS

½ banana
¾ cup homemade mayonnaise
1 teaspoon curry powder
Salt and pepper to taste
2 tablespoons heavy cream

METHOD

☐ Add banana, mayonnaise, curry powder, and salt and pepper to a blender container and blend until smooth. Pour mixture into a bowl, add cream, mix well, and refrigerate. Makes about 1¼ cups sauce.

Cucumber Sorbet

INGREDIENTS

5 medium cucumbers, peeled
1 teaspoon salt plus a pinch
Dash of cayenne pepper
1 tablespoon fresh lemon juice
1 egg white stiffly beaten
Salt and pepper to taste
Yogurt dill sauce (recipe follows)
Sprigs of mint

METHOD

☐ Cut cucumbers in half and remove seeds with a spoon. Slice cucumbers very finely, place in a bowl, add 1 teaspoon salt, and let stand for 45 minutes in the refrigerator.

☐ Remove bowl from refrigerator, drain, and pat dry in a towel. Place cucumbers in a blender or food professor, add remaining salt if necessary, cayenne pepper, and lemon juice and blend until smooth. Proceed as in tomato sorbet. Serves 6. Serve with yogurt dill sauce and decorate with a sprig of mint.

Yogurt dill sauce

INGREDIENTS

¾ cup yogurt
1 tablespoon dill, chopped fine

Continued on page 214

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... fresh lemon juice
... ne pepper

METHOD

☐ Mix yogurt, dill, lemon juice, cayenne pepper, and salt together in a bowl and chill. ¾ cup sauce.

Coulibiac of sole

INGREDIENTS

10 crêpes, 8-inches in diameter, made without sugar
Sole mousse (recipe follows)
⅔ cup cooked rice
4 hard-boiled eggs, sliced
⅔ cup mushrooms, sliced and sautéed in 1 tablespoon butter
2 tablespoons parsley, finely chopped
Clarified sweet butter, melted
Brioche dough (recipe follows)
4 egg yolks
2 tablespoons water

METHOD

☐ On a smooth surface line up 5 crêpes overlapping each other by ½ their size in a way to get a rectangle measuring approximately 24 by 10 inches. Spread ½ the sole mousse down the center of the crêpes leaving uncovered 5 inches on either end and 2½ inches on each side.

☐ Layer down the center of the mousse the rice, followed by the sliced eggs, mushrooms, and parsley. Slowly pour 4 tablespoons clarified butter over the filling and cover with remaining mousse. Smooth sides and top of mousse with a rubber spatula to give it a loaf shape. Cover with remaining crêpes. Fold in one long side of the crêpes up and over the mousse. Fold up the ends toward the center, then fold in the second side to make a tight package. Press down a bit to flatten and fold the package in half lengthwise again.

☐ On a lightly floured board, roll out smaller portion of brioche dough to a rectangle 18 by 8 inches. Remove to a cookie sheet using 2 large metal spatulas. Carefully lift crêpe-wrapped mousse and place in center of dough. Mix egg yolks with water in a small bowl and brush onto mousse and edges of dough.

☐ Roll out remaining dough into a rectangle about 20 by 12 inches. Place on top of mousse and pull edges down to meet bottom pastry. Press firmly together to seal. Cut around edges with a pastry wheel to remove excess pastry. Use it to decorate top. Refrigerate.

☐ Twenty minutes before baking, remove from refrigerator and put in a warm place to allow dough to rise again. Brush coulibiac with remaining egg-and-water mixture and bake 50 minutes in a preheated 380° oven. Remove and let cool 10-15 minut... Serve with warm, melted clarified butt... Serves about 25.

Sole mousse

INGREDIENTS

White wine
2 pounds sole, skinned and boned
2 egg whites (reserve yolks)
1 pint heavy cream
Salt, freshly ground black pepper
Nutmeg, freshly grated

METHOD

☐ In a shallow pan bring to a simm... enough water and an equal amount ... white wine (about 2 cups) to cover sol... Poach fish 4-5 minutes and repeat unt... all fish is cooked.

☐ Divide the cooked fish, egg whites, an... heavy cream in 3 equal parts each, as ... food processor or blender will not be abl... to hold the complete mixture.

☐ Place fish in the blender or food pro... cessor and chop very finely. Add salt, pep... per, and nutmeg to taste and egg white... Blend until smooth. Add heavy cream an... blend just until mixture absorbs the cream... Repeat until all 3 batches are done.

☐ Put mousse in a bowl and adjust sea... sonings to taste if necessary. Mix with a... wooden spoon and refrigerate until ready... to use, at least 2 hours.

Brioche dough

Since the dough is so rich with butter and eggs, a dough hook is necessary.

INGREDIENTS

1½ ounces fresh yeast
1½ tablespoons salt
1½ pounds sweet butter, chilled, and cut in small pieces
11 eggs
1½ pounds all-purpose flour, sifted

METHOD

☐ Mix yeast and salt together in a large bowl of a mixer until liquid. Add butter, a few pieces at a time, and beat in. Beat eggs in, one at a time. Beat mixture 5 minutes.

☐ Attach dough hook. Add flour and beat until dough separates from bowl and dough hook. Place dough in a bowl and let rise in a warm place covered with a clean towel until doubled in size, about 2-3 hours.

☐ With a wooden spoon, punch dough down. Separate ⅓ of the dough and wrap separately. Wrap remaining dough and refrigerate both pieces. ■

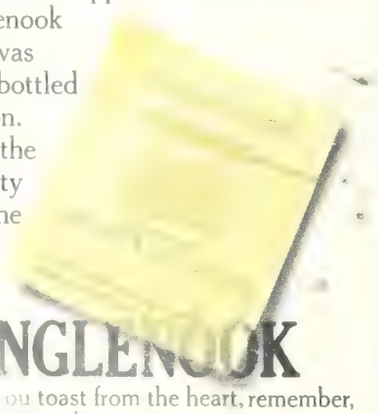
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INGLENOOK

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B

B. Astor Chocolate Mocha Cups. Finest, most succulent milk chocolate. Fill with cream, whipped cream, liqueur or cognac and let your guests float them in steaming coffee. The chocolate melts, blends, and transforms a simple cup of coffee into a shamelessly rich, Viennese mocha delight.

C. Astor Chocolate Liqueur Cups. Deliciously bittersweet, royally nestled in gold foil, ready to be filled with a half-ounce of your favorite liqueur. Guests sip the nectar, then nibble the cups. An after-dinner triumph!

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SHOPPING INFORMATION

For addresses of stores mentioned throughout this issue, see page 72. Prices approximate, state and local taxes, where applicable, additional. *Consult your interior designer or department store decorating service.

COVER
Upholstered sofa: 96" x 36" x 31". Tufted seat and back. Rolled arm. $1,164 COM. **Upholstered armchair:** 41" x 37" x 33" h. Tufted back inside and out. $590 COM. **Upholstered ottoman:** 35" x 27" x 18" h. $310 COM. **Lacquered cocktail table:** 38" sq. x 14" h. Terra-cotta-colored linen over wood frame. $556. **Bamboo arm chair:** 24½" x 20½" x 39½" h. Cane seat. Dark lacquer finish. Loose seat pad. $420. All by Baker Furniture. At Woodward & Lothrop.
"Leonora" cotton sailcloth: 53" wide. 36" repeat. By Woodson Wallpapers.*
Antique quilt and quilt piece: At America Hurrah Antiques.
Pine mantel: $1,300. **Brass andirons:** $400 pair. **Brass fire tools complete with stand:** $300. All, Early American, from Danny Alessandro.*
"Royal Canoe" silkscreen: By Gene Davis, 1977. Edition of 100. $250 unframed. At Pace Editions.
Antique Chinese hand-painted trunks: From Charles R. Gracie.*
Antique ceramic covered jar. $525. Antique blue and white ceramic dish. $135. Both at J. Garvin Mecking.
White reticulated tin-enameled earthenware plate: 19th c. Spanish Manises. Antique 19th c. Japanese stoneware bottle. Antique 19th c. Oriental celadon plate. All at H. J. Kratzer Antiques.
Antique wooden elephant: Child's toy from India, early 19th c. From John Rosselli Antiques.*

MAKE AHEAD CHRISTMAS
Page 146
Ceramic brick oven bread pan: 4" x 8" x 2½" h. Dishwasher-, oven-, and microwave-oven safe. $9.50. Manufactured at Alfred University College of Ceramics. Distributed by Beard Glaser Wolf. At Burdines; Higbee's; Hudson's; Meier & Frank.
Page 147
Cookie cutters: 66¢ each. By Hoan. Black steel jelly-roll pan: 15" x 10". $10. By Stone Hearth. **Pastry brushes:** Bent brush, 11" x 1½", $3; straight brush, 9¾" x 2", $2.75. 9¼" x 1½", $2.25. 8½" x ½", $1.50. By Doctor Oetker. Hardwood trivet: 22" x 9". $16.50. By John McLeod. All postpaid from The Silo.
Page 148
Porcelain Terrine du Chef: 1½-qt. Oven- and dishwater-proof. $34. By Porcelaine d'Auteuil. At Accents & Images; Bon Appetit; M.A. Jarvis Kitchenware.
Oval china pâté terrine: 1½-qt. Oven- and dishwasher-proof. $16.95. **Enameled cast-iron pâté mold:** 1½-qt. $31.95. By Le Creuset. Both ppd. from Bazaar De La Cuisine.
Page 149
Rimmed glass casserole: 1-qt. Au gratin cover (not shown). Oven- and microwave-safe. $12.45. By Heller Designs. **Ovenproof stoneware pudding basin:** 1-qt. Set of 4, $12.50. By Zanesville Stoneware. **"Black Beauty" steel bread pan:** 5½" x 3½" x 1½" h. $9.25. By Mark Louis. **Cookie cutter:** 66¢. By Hoan. **Schlemmertopf clay baking pot:** 2-qt. Glazed interior. Unglazed top. $16.50. By Reston Lloyd. **French park folding chair:** $72.50 a pair. **Folding table:** 20" diam. x 28" h. $57.50. 23½" diam. x 28" h. $87.50. All postpaid from The Silo.
Page 150
Needlepoint kit: #14 painted canvas and Persian yarn. Geranium: 17" h. $60. Begonia: 13½" h. $50. Gloxinia: 14" h. $50. Primula: 12½" h. $40. Cactus: 10" h. $30. By Louis J. Gartner. Postpaid (add $1.50) from Needlepoint Design.
Page 151
French canning jars: 2 liter. Set of 4, $11.50. ½-liter, set of 4, $8. By Wheaton. **Glass apothecary jar:** 3-cup capacity. Ground glass stopper. $5.50. By Jane Products. All, postpaid from The Silo.
Page 152
Stencil pattern kit: 2' x 3' page of make-your-own stencil patterns. Basket weave, wicker, Moroccan knot. Instructions for planters and window box, stencil brush included. $3.75 ppd. from Stencil-Magic.
Page 153
Clockwise, from top: Rectangular glass vase: large, $15; small, $10. **Terra-cotta ginger jar,** $22.50. **Glass footed cylinder,** $9. **Terra-cotta signature pot with glazed saucer:** Name inscribed under lip (2 week's notice), $12. **Volumetric flask,** $9. **Terra-cotta ring pot,** $20. **Glass stopper vase:** Large, $9; small, $8.50. **Glass-covered vase,** $9. **Terra-cotta Mädderlake vase:** Limited edition, $30. **Square terra-cotta pot with glazed saucer,** $20 (potted, $10-$15 additional). **Covered milk glass pillbox,** $10. All terra cotta except Mädderlake vase, Kitty Bright for Mädderlake. All at Mädderlake. Shipping charges additional.

WRAPPING IS THE PRESENT
Pages 154–155
White porcelain mug: 3¼" h. Red stripe around rim. $8. **Cotton "coffee pot" napkin:** 21" square. $3. Both postpaid from Jenny B. Goode.
"Brasserie" quilted tea cozy/toaster cover: $26.75. **"Brasserie" oval ceramic terrine:** Microwave-safe. 2-quart. $28.50. Both postpaid from Pierre Deux.
Clear acrylic box: 4" square. 7¼" h. $2.75 ppd. from Azuma.
Bike basket: 12½" x 8" x 8" h. Collapses to 1½". Green plastic. $10 ppd. from Manhattan Ad Hoc.
Chef's hat: $8. **Natural wood pepper grinder:** $14. **Blue-and-white striped apron;** $10. Bailey/Huebner at Henri Bendel.
Sueded kid jewelry roll: 60" x 8". Two zippered compartments. $60. By Dana. At Claire Pearone.
Covered desk box: 8" x 10" x 1¼" h. With 12 pencils, scissors, paper clips, airmail stickers, rubber bands, ruler. Assorted colors. $24 ppd. from The Mediterranean Shop.
Plaid cotton napkin: $7.50. At Groundworks Studio.
Porcelain handpainted shell: 3½" x 6" x 2½" h. $9.25. **Marbelized pencils:** Assorted colors. Set of 20, $5.25. Both ppd. from Ffolio 72.
Pin-stripe cotton dishtowel: $1.85 ppd. from Manhattan Ad Hoc.
Cowhide bag: 12" wide. 15" deep, $50. 6½" wide, 9½" deep, $20. Assorted colors. By Dana. At Bloomingdale's; Donna's Place.
Silk crepe de Chine sack: 6" wide. Hand-dyed French lace. Satin ribbon drawstrings. Peach or ecru. $45. By Dana. At Bergdorf Goodman.
Napkin box: 5½" sq. x 2" h. With 4 cocktail napkins, 10" square. In coordinating Souleiado cottons. $21.50 ppd. from Pierre Deux.
Japanese ikebana basket: 17" long x 13" h. $175. At Gordon Foster Antiques.
Red plastic lunch box: By Thermos. At Charles I. Beck & Son.
Brass fortune-cookie paperweight: 3" long. $11. **Porcelain "take-out" container:** 4½" h. Sterling handle. $21.50. Both ppd. from Jenny B. Goode.
Needlepoint canvas: 3" x 6". Crane design from the Unicorn series of the Cluny tapestry, with yarn. $19.50 ppd. from Alice Maynard.

FESTIVE TABLES
Page 188
"Towne Garden" china: 5 pc. place setting, $58.50. **"Elegance clear" crystal glasses:** Water: 8 oz., $8.25. Wine: 4 oz., $8.25. **"Cape Ann" pewter flatware:** 5 pc. place setting, $40. **"Octette" octagonal pewter salt shaker and pepper grinder:** $40 a pr. **Pewter candlesticks:** 7" high. $60 a pr. **Pewter plates:** 12" diam. $45 each. All by Gorham.

Continued on page 218

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napkins: 17" square. $2 ea. By Cacharel for Robinson & Golluber. At Altman's; Nordstrom; Woodward & Lothrop.

Topiary trees: Spartan juniper, ball shape. Columnar Hetzi juniper, spiral shape. At The Bayberry Nursery.

"Bottle People" centerpieces: By Yvette Romaine.

Page 189

"Elegy" bone china: 5 pc. place setting, $35. **"Carlyle" crystal:** Water glass: 9 oz., $26. Wine glass: 6 oz., $26. All by Royal Doulton.

"Savoy" sterling flatware: 5 pc. place setting, luncheon size: $183. **Sterling shell-shaped salt cellars with seahorse:** 2" h. Vermeil interior. $130 each. All by Buccellati. At Buccellati.

Diamond-quilted tablecloth: 90" round. $60. **Floral napkins:** 22" square. $3.50 each. Both by Elisa Daggs. At Karen's Table Things; I. Magnin; Saks Fifth Avenue.

Page 190

"Granny" glazed ceramic plates: 10" diam. Set of 4, $22.50. By Schmid.

"Boheme" crystal glasses: Claret: 8½ oz., $11.50; goblet: 14½ oz., $11.50. Both by Orrefors.

"Beacon Hill" silverplate flatware: 5 pc. place setting, $18. By International Silver.

Wire fruit displayer: 10½" h. Holds 18 pieces. By Charles Lamalle. $30 ppd. from Culinarion; Pampered Kitchens; Thomas E. Cara.

Porcelain bowls: 6" diam. $10.50. At Richard V. Hare.

"Why-y" cotton napkins: 17" square. $2 each. **"Why-y" vinyl placemats:** 17½" x 11½". $2 each. By Anne Klein for Robinson & Golluber.

Page 191

"Drabware" earthenware: 5 pc. place setting, $45. **"Oyster" crystal glasses:** Wine; 5 oz., $24; champagne, 4 oz., $24. All by Wedgwood.

"Pointed Antique" sterling flatware: 5 pc. place setting, $185. By Reed & Barton.

"Le Bec Fin" tablecloth: Custom made. **"Le Bec Fin" pillows:** 30" square. $105 each. **"Apollo" napkins:** 20" square. $7.50 each. **Black satin napkin rings:** $12 each; **cotton napkin rings:** $7.50 each. All at Groundworks Studio.

Flowers: By Ronaldo Maia Flowers.

Page 192

"Spring Crocus" bone china: 5 pc. place setting, $28. By Aynsley.

"Rosslare" crystal glasses: Water: 10 oz., $18.50; champagne: 8 oz., $18.50. By Waterford Crystal.

"Craftsman" sterling flatware: 5 pc. place setting, $195. By Towle.

"Big Foot" cotton tablecloth: 90" round. $35. **"Chinese Feather" cotton tablecloth:** 52" square. $15. **"Chevron" cotton napkins:** $2 each. By Katja of Sweden for The Wellman Collection. At Neiman-Marcus.

Tin weathervanes: Mounted on stained wood blocks. Large, about 18" x 18". Small, about 9" x 10". Large rooster or large sheep, $37.50 each. Large racing horse, $41. Small racing horse or small cow, $14 each. Small rooster or small fish, $13 each. Small sitting hen or small bird, $12 each. By Ivan Barnett. Ppd. from Guild Hall Museum Shop.

Natural wood salt shaker and pepper grinder: $14 a set. **Wire basket with handle:** 14" x 9" x 5½" h. $20. All imported by Charles Lamalle, ppd. from Culinarion; Thomas E. Cara; Pampered Kitchens.

Folding "Plia" chair: 16" sq. x 29½" h. Of transparent plastic and chrome. Smoke, clear, yellow, pink, blue. $56 each. At Ambienti.

Eucalyptus and bamboo plant container: 20" diameter. $24. **Holly tree.** Both at The Bayberry Nursery.

Page 193

"Lotus Garden" bone china: 5 pc. place setting, $61.50. **"Allure" glasses:** Water: 7½" h. $9.75. Wine: 6¾" h. $9.75. All by Lenox.

"Rose" sterling flatware: 5 pc. place setting, $84.74. By Stieff. At Altman's.

Lace over calico tablecloth: 54" square. $22. Matching napkins: 20" square. $3 each. Both, Dining-In by Leacock. At Jordan Marsh.

Crystal salt dishes: 2" square. Set of 6, $18.50. **Porcelain shell place card holders:** 2½" square. $10.50 for 8. Both at Richard V. Hare.

* * *

Learn how to make wonderful things for the home with sheets and towels by Fieldcrest, and pick up delicious entertaining ideas from the owners of Glorious Food (to sample some ideas from these New York caterers, see page 197) at the "At Home with Halston—Fieldcrest Entertains with Glorious Food" event, scheduled for the following stores:

Burdines, Miami .....October 23
Higbee's, Cleveland .....November 6
Dayton's, Minneapolis .....November 10-11

* * *

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The Denver, Denver
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Hudson's, Detroit
Meier & Frank, Portland
Thalhimers, Richmond
Woodward & Lothrop, Washington, D.C.

BUILDING FACTS

Materials and equipment used in the hou on pages 174-177

ARCHITECT: Myron Goldfinger
CONTRACTOR: K.T. Galley Co.
SIZE OF HOUSE: 2,000 square feet
SIZE OF LOT: 100' x 100'

STRUCTURE

Foundation: Concrete block.
Framing: Standard wood frame construction of Douglas fir and plywood by Champion International Co.

EXTERIOR OF HOUSE

Exterior walls: Vertical cedar siding.
Exterior finish: Weathering gray stain b Samuel Cabot, Inc.
Roof: Bituminous roofing.
Insulation: Fiberglass insulation.
Windows and doors: "Arcadia" aluminun frame sliding glass windows and doors by Northrop Architectural Systems.
Skylight: Plastic skylight by Wasco.

INTERIOR OF HOUSE

Walls and ceilings: Wallboard by U.S. Gypsum Co.
Floors: Murray quarry tile by American Olean Tile Co.
Lighting fixtures: Recessed lighting fixtures by Lightolier Co.; custom lighting by Harry Gitlin.
Hardware: Chrome hinges by Stanley Hardware, Div. of the Stanley Works; doorknobs and locksets by Schlage Lock Co.
Kitchen and bathroom cabinets and countertops: Custom designed Formica cabinets and countertops.
Plumbing fixtures: In kitchen, sinks by Elkay Mfg. Co.; in bathrooms, fixtures by American Standard, Inc.
Linens: In bedroom, "Tailored Squares" sheet pattern designed by the Burlington Design Studio for Burlington Domestics.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: "Tradewind" ventilating fan, ovens and range by Thermador Div. of Norris Industries; refrigerator by Sub-Zero Freezer Co.; dishwasher by KitchenAid Div., Hobart Corp.; washer and dryer by Westinghouse Electric Corp.
Heating system: Electric heating by Chromolux Corp. ■

Encourage your natural creativity
continued from page 194

seen likenesses in these circumstances. It is the highly inquiring mind which at that moment seizes the chance and turns what was an accident into something providential. The world is full of people who are always claiming that they really made the discovery, only they missed it. There were many people whose photographic plates had been fogged before Röntgen in fact asked himself, "Why is the plate fogged?" In a funny way, asking the question, being inquisitive enough not to throw the plates away, is the nature of the inquiring mind. It was chance; but it was chance offered to the highly active and inquiring mind in this creative state when it was looking for hidden likenesses.

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Having said that the creative activity is normal, that its expression is different in the arts and the sciences, but that is a natural thing in both, we come to the question of how we can canalize the very high prestige which the scientist enjoys today so as to make him not just a technician but a creator. Now I do not think that scientists have yet created anything which could be called a system of values. The physical sciences do not try to, and the social sciences are still in a state of exploration. But a scientist, in order to be a good creator, has to work out for himself a set of values by which he is going to live. He has to be very independent in thought. He has to take a very questioning attitude to whatever he sees and whatever anybody else sees. He has to make a special fetish of originality and of contradiction, of dissent in general. Without this he is not going to create anything new at all. If you can live in such a world, you have to be extremely tolerant of the dissent of others. You have both to recognize the fallibility of their achievement and yet do them honor because it is their achievement. I hold that you cannot carry out the activity of science if you do not have a society organized in this way: a society rich in dissent, yet rich in tolerance and in honor. I think that in this are the beginnings of principles which the scientist can teach the world at large.

Some may say that in general human beings are inspired by a myth, a symbol, something which transcends a set of values. What can science put up? Let us think of this historically for a moment: the myth of Genesis was not destroyed by my generation of scientists; it was destroyed over a hundred years ago, in 1858 and 1859 when Darwin wrote and then published *The Origin of Species*. This really destroyed the belief of people in the literal account of the Creation. What did they learn in its place? I trust they learned an enormous revulsion. Bishop Wilburforce asked whether Huxley claimed to have been descended from an ape through his father or his mother; there was a general feeling that it was somehow terrible to be as one with the animals. Now time has cured that. We feel instead that we have something to be very proud of in having transcended the animal stock so as to become people who possess and use certain gifts that animals cannot. The chief of these is the use of language; that is, the use of concepts. I would also say, the making of patterns—animals only have habits, they have no conceptual patterns. Human beings are to us now the creators in a way they were not when Darwin wrote. And we could now say that what has really happened is that for the myth of creation, scientists have substituted the myth of creativity. And this gives us the sense that it is human beings who are peculiarly the creators. Of course I do not think this is a myth; but it is the nature of myth that those who hold it do not believe it to be a myth. Certainly science has enabled us to see human life and the place of humanity in rather special ways. Human beings are seen to have within themselves the ability each to fulfill himself, each to fulfill the essentially human part of the creative potential. If we have to call something a myth, I am proud to call that a myth. ■

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CHRISTMAS ISSUE

LOOK FOR DECEMBER
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So next time, try Correctol. The modern, gentle laxative.



Year-end tax planning
continued from page 23

payment of taxes and so on. If you're thinking of borrowing money, consider doing it now. Even if interest deductions are eventually limited, you'll at least get as much as you can now. What's more, you stand to save some money because interest rates are expected to continue rising next year.

A tip for the landed gentry

If you own investment property, consider having some of the maintenance work that you scheduled for 1978 done this year. You might even think about prepaying up to one year's worth of property taxes now. That, too, is tax deductible.

Year-end entertaining in the holiday spirit

If you do some business entertaining, consider throwing a year-end party. This may well be one of the last years you'll be able to deduct business entertainment costs, according to some tax experts. However, when you entertain, make sure that you follow the Internal Revenue Service's rules. The entertainment must be related to your business. So, if you have a big party, make sure it either follows or precedes some quiet business discussions with your clients. And don't go overboard. The IRS won't go along with the deduction if the entertainment is too lavish. ■

Two-in-one
continued from page 143

looking like a colored stripe instead of what it is—a shadow. The pots come in six heights, from 3¾ inches to 7⅝ inches and in three colors—bright yellow, cocoa brown, or white with a colored interior. They cost from $4 to $22 and are by Lauffer. Find them at Bullock's and Neiman-Marcus.

One last note: **"The Country Diary of an Edwardian Lady"** (Holt, Rinehart & Winston) is a small, delicate book about wildflowers and how they added joy to the life of a thoughtful writer. The illustrations are done in watercolors and are charming in their simplicity and exact attention to detail. A flower lover would love to glance through this book—perhaps even begin a country diary for herself? The book, by Edith Holden, is $14.95, and can be purchased at bookstores everywhere. ■

PRICES APPROXIMATE. STORE ADDRESSES, PAGE 72

Make your luck work
continued from page 172

CHANCE I is the pure blind luck that comes with no effort on your part. In bridge game, for example, it's "in the cards" for you to receive a hand of all spades, but statisticians tell us this will occur once in 635 billion deals. You will ultimately draw this lucky hand, but it may involve a longer wait than most of us have time for. Chance I is completely impersonal. You can't influence it. Personality traits only enter in the other forms of chance.

To evoke CHANCE II you will need a persistent curiosity about many things coupled with an energetic willingness to experiment and explore. Chance II is the kind of luck Charles Kettering, the automotive engineer, had in mind when he said: "Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down." Consistent motion is what distinguishes Chance II. Its premise is that un-luck runs out if you persist. An element of the chase is also implicit in Chance II, but action is your primary goal, not results. The action is restless, driving, and occurs through your basic need to release energy rather than conscious intellectual effort. Of course, if you move around in more likely areas, Chance II may influence your results more fruitfully. In searching for orchids, for instance, you wouldn't go tramping around the desert. But still the principle here is press on. Action "stirs up the pot," brings in random ideas that will collide and stick together in fresh combinations. Keep on going, and the number of collisions between events is likely to increase.

In Chance I and II, the unique role of the individual is either lacking or minimal. In CHANCE III the individual needs discernment. Louise Pasteur characterized Chance III when he said: "Chance favors only the prepared mind." Sir Alexander Fleming gave us the classic example of this principle with his extraordinarily lucky break, the discovery of penicillin. He was at work in the laboratory when his mental sequences went something like this: (1) I see that a mold has fallen by accident into my culture dish. (2) The staphylococcal colonies residing near it failed to grow. (3) Therefore, the mold must have secreted something that killed the bacteria. (4) This reminds me of a similar experience I had once before. (Previously he had isolated lysozyme present in mucus and tears, which also killed bacteria but had proved too weak to be of medical use.) (5) If I could separate this new "something" from the mold, it could be used to kill staphylococci that cause human infections.

The discovery of the cause of puer-

peral sepsis by Ignaz Semmelweis marks another example of Chance III. One day in 1847, a male laboratory assistant contracted a skin infection from infected pathological material. The infection spread and the man died. When the autopsy was performed, Semmelweis saw how closely this fatal disease resembled maternal "childbed fever." Suddenly he realized that when obstetricians (who in those days used nonsterile equipment) went directly from a room where one mother lay sick or dying to the delivery room, where another mother was giving birth, they were spreading the disease. Semmelweis was severely attacked for his conclusions but years later it was proved the disease was contagious, as he had predicted, and streptococci were shown to be the bacterial cause.

One word evokes the quality of the operations involved in the first three kinds of chance. It is serendipity, coined by Horace Walpole in 1754, who used it with reference to the legendary tales of the Three Princes of Serendip. These princes quite unexpectedly encountered instances of good fortune on their travels. As the stories go, they ran into good luck by accident (Chance I), general exploratory behavior (Chance II), or sagacity (Chance III).

If Chance II is concerned with personal sensory receptivity, its counterpart CHANCE IV is involved with personal motor behavior—*individualized action*. The English Prime Minister Benjamin Disraeli summed up the principle underlying Chance IV when he noted: "We make our fortunes and we call them fate." Disraeli, the practical politician, appreciated that by our actions we forge our own destinies, at least to some degree. The fourth element in good luck requires an active (but unintentional), subtle, personal prompting. Chance IV is the kind of luck that develops during a probing action with a distinctive personal flavor. It comes to you because of who you are and how you behave. It is as personal as your signature. Being highly personal, it is not easily understood by someone else the first time around. Neurologists like me may be a little more comfortable with the concept because so much of the nervous system exists as anatomically separate sensory and motor divisions. Unlike Chance II, Chance IV connotes no generalized activity, as bees might have in the anonymity of a hive. Instead, like a highly personal hobby, it comprehends a kind of discreet behavioral performance. Chance II allows anyone to complete the happy by-product of luck by a kind of circular stirring of the pot. But the links of Chance IV can be drawn together and fused only by one quixotic rider cantering in on his own homemade hobby-horse, intercepting the fortuitous event at some odd angle. Chance IV resists straight logic and takes on the same eccentric, elusive quality as a mirage. It is difficult to come to grips with, for it recedes when pursued and advances as we step back. But we still accept a mirage when we see it, because we vaguely understand the basis for the phenomenon. To convey the quality underlying Chance IV, I have made up the term "altamirage." By my definition, it is a facility for encountering unexpected good luck as the result of highly individualized action. Like serendipity, it is a compound word, derived from mirage and Altamira, the cave in Spain unearthed when a hunting dog fell into it while searching for game. Later, an amateur archaeologist looking for flint chippings in the cave accidentally discovered the magnificent primitive cave paintings. Like a shimmering mirage, the event of Altamira took shape when a highly personalized quest interacted with the invisible principles of chance, which we know, yet cannot touch.

Chance IV may favor you if you have distinctive if not eccentric hobbies, a personal lifestyle and motor behavior. The farther apart your personal activities are from the other areas you are involved with, the more strikingly novel will be the creative product when the two meet. There were almost infinite distances separating my dog Tom, a bell, a starch granule, and a Lafora body. Four such seemingly incongruous elements could be soldered together only when chance interacted with the lifestyle and hobby of one individual.

TO SUM UP: Don't count on luck, but don't discount it either. Learn something about the structure of luck so that, at the very least, you don't do anything to discourage it. Especially in your activities beyond work will the varieties of chance operate, setting the stage for new friends, fresh options, discoveries, and novel perceptions prompted by actions uniquely yours. Remember: Chance I is anyone's luck. Chance II is anyone in motion's luck. Chance III is luck that comes from personal discernment. Chance IV is luck that flows from personalized actions. ■

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Term used to describe the quality involved	Good luck is the result of	Classification	Elements involved	Personality traits you need
	An accident	Chance I	"Blind" luck. Chance happens, and nothing about it is directly attributable to you, the recipient.	None
Serendipity	General exploratory behavior	Chance II	The Kettering Principle. Chance favors those in motion. Events are brought together to form "happy accidents" when you diffusely apply your energies in motions that are typically nonspecific.	Curiosity about many things, persistence, willingness to experiment and to explore.
	Sagacity	Chance III	The Pasteur Principle. Chance favors the prepared mind. Some special receptivity born from past experience permits you to discern a new fact or to perceive ideas in a new relationship.	A background of knowledge, based on your abilities to observe, remember, and quickly form significant new associations.
Altamirage	Personalized action	Chance IV	The Disraeli Principle. Chance favors the individualized action. Fortuitous events occur when you behave in ways that are highly distinctive of you as a person.	Distinctive hobbies, personal lifestyles, and activities peculiar to you as an individual especially when they operate in domains seemingly far removed from the area of the discovery.



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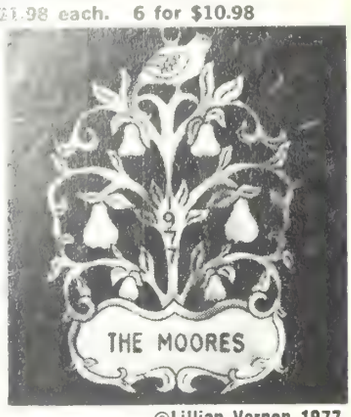
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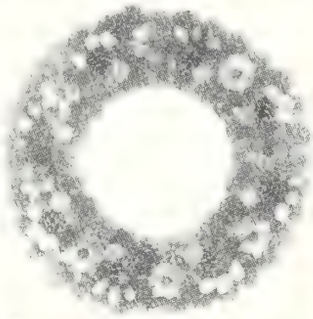


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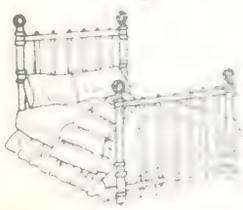
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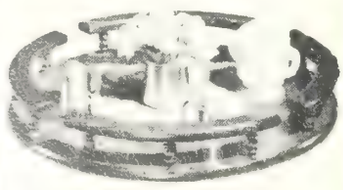


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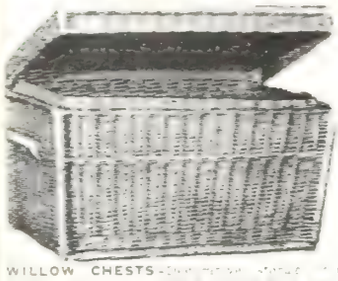
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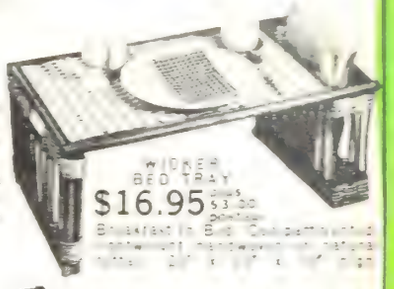
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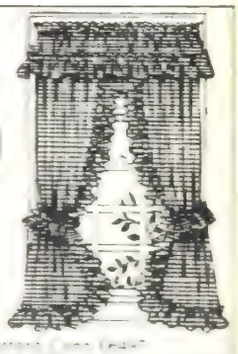
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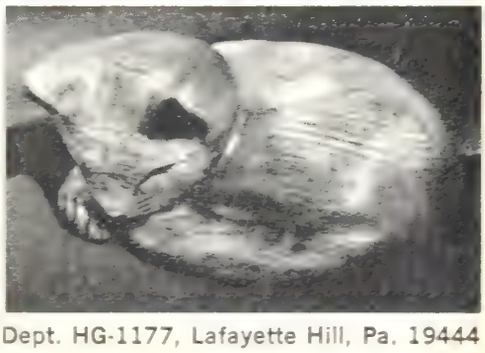
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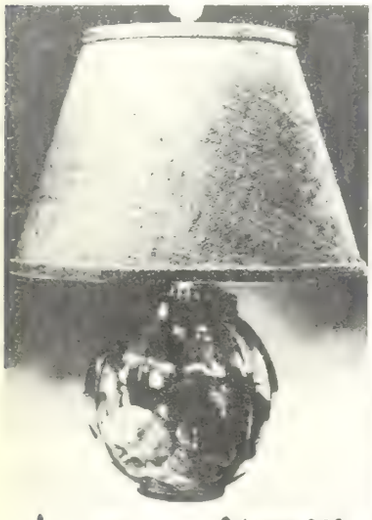
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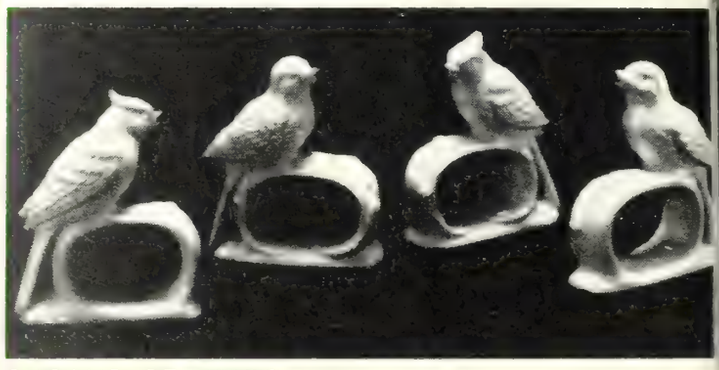


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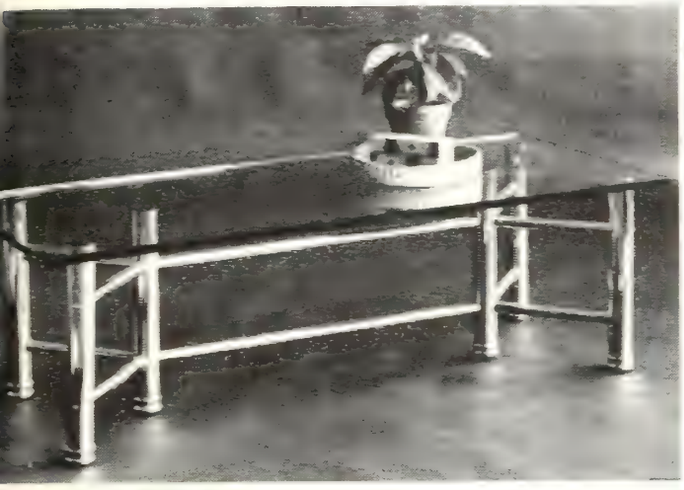
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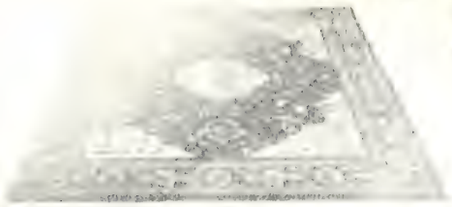


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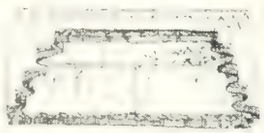
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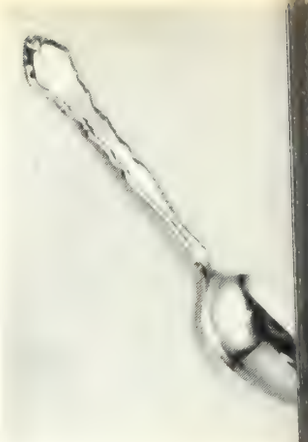
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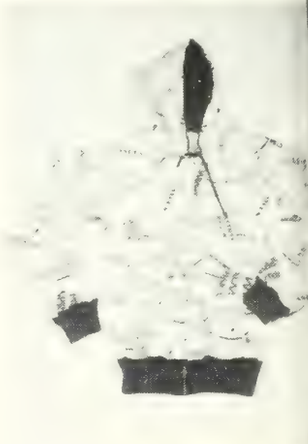
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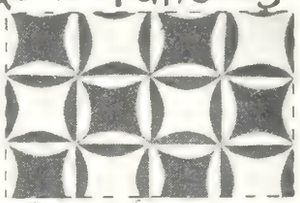
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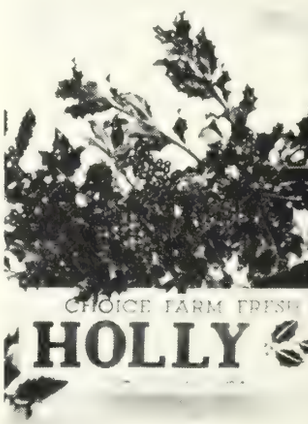


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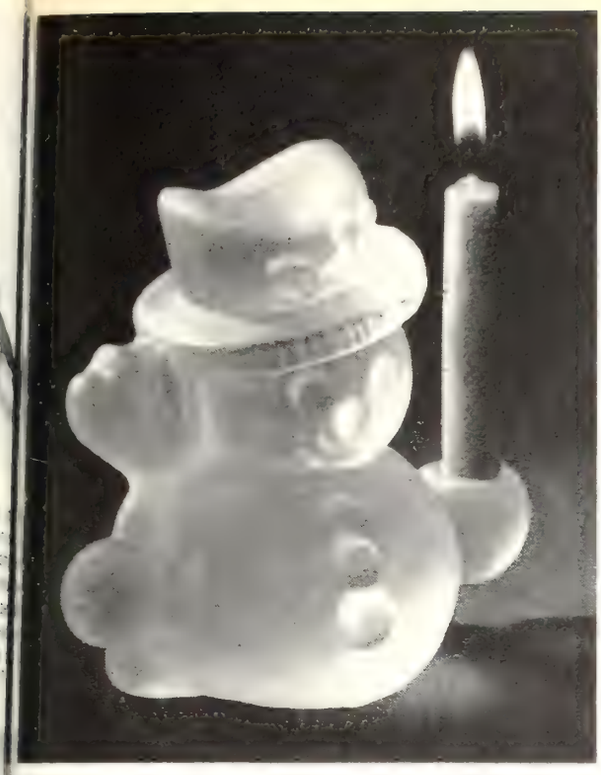
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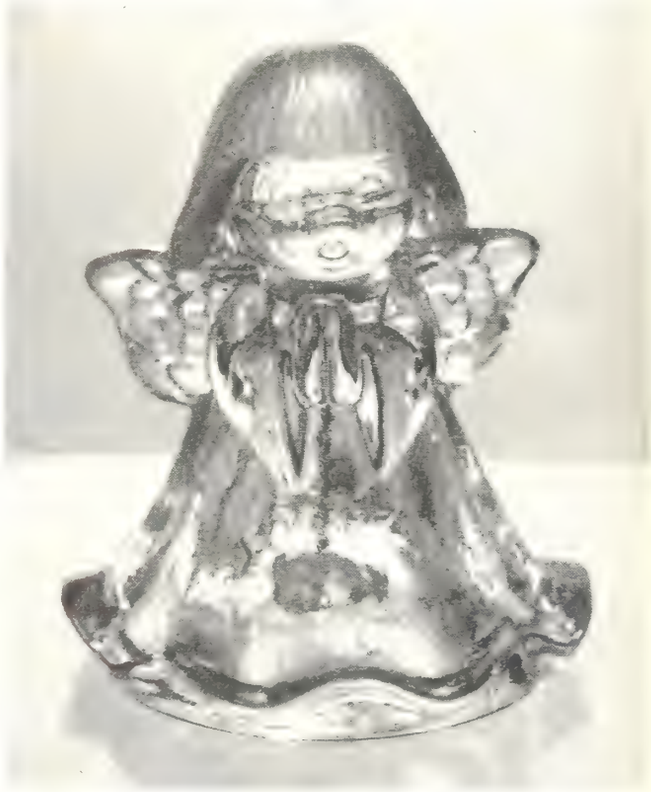


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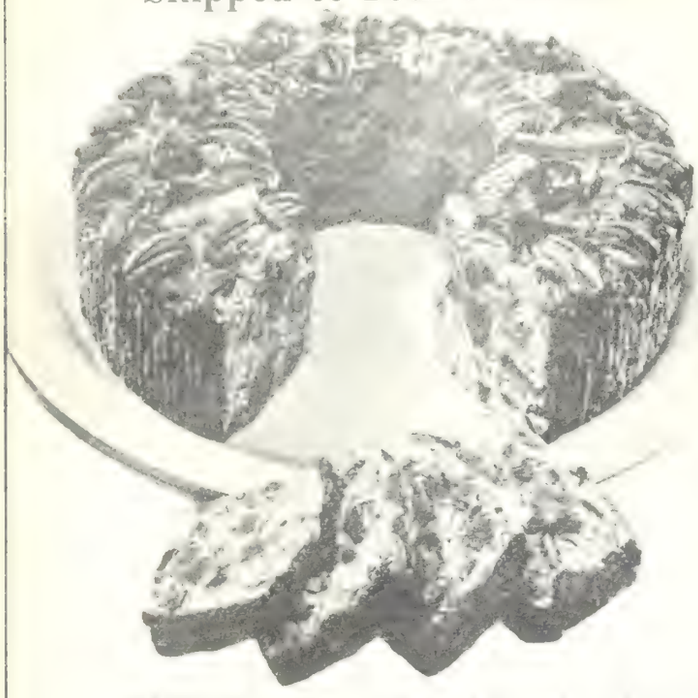
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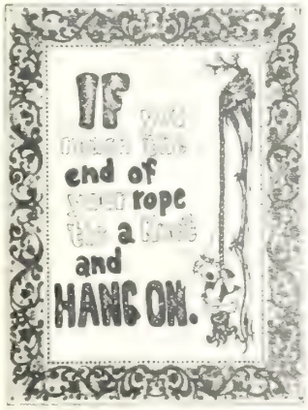
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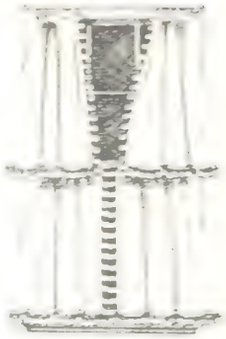
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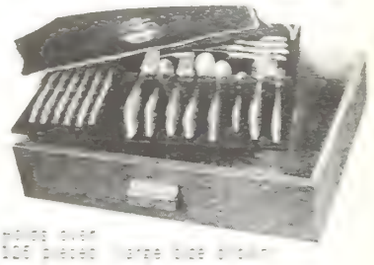
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MARVELOUS GIFT IDEA from Plantron, Inc.

House·Plant·a·Month Plan

January
MING TREE

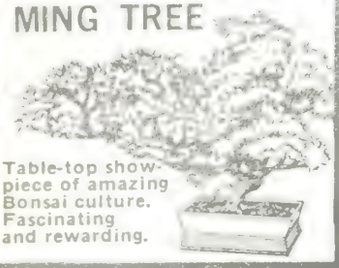


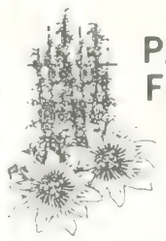
Table-top showpiece of amazing Bonsai culture. Fascinating and rewarding.

February
Trailing GARDENIA



Graceful glossy vines and fragrant pearl-like blooms. Can't be shipped to Calif. or Ariz.*

March
PASSION FLOWER



Unusual legend surrounds this lovely plant with its purple and pink blossoms.

April . Opens in Morning . Closes in Evening
PRAYER PLANT



Each evening this remarkable plant folds its lovely variegated leaves like hands in prayer.

May
HEAVENLY BAMBOO



. Easy To Grow
. Requires Little Care

"Nandina domestica" has color-changing foliage, white flower clusters, reed-like stems, bright red berries.

June
MICKEY MOUSE PLANT



Yellow butter-cup like flowers "Ochna Serrulata" forms a Mickey Mouse Face, when petals fall a black seed appears in the center of each red sepal.

July
MINIATURE ROSE



Gorgeous color and fragrance

"Rosa Roulettl" grows no larger than 12". Yields gorgeous sweetheart size roses all year.

August
FLAMING GOLDEN CANDLES



Enchanting "Pachystachys Lutea" from Trinidad. Stunning feathery, yellow-gold and white candle-like blossoms and long narrow, rich green leaves.

September
ROYAL PLUSH



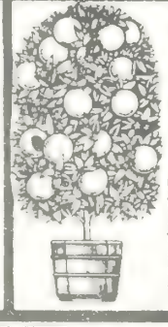
Shimmering, luxuriant purple and green velvet. A show-stopper.

October
COFFEE PLANT



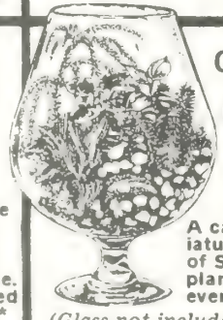
Shade-loving beauty with fragrant white flowers and shiny red coffee beans.

November
DWARF ORANGE



Lovely dwarf tree that bears juicy FULL—SIZED fruit. A touch of southern sunshine. Cannot be shipped to Calif. or Ariz.*

Christmas
GLASS GARDEN Plants



A care-free miniature landscape of SIX woodland plants to delight everyone.

(Glass not included)

Now with the help of Plantron, Inc. you can provide the perfect gift for relatives, friends, business associates, shut-ins, even yourself! Every month an unusual interesting plant, already growing and healthy, will be sent as a reminder of your friendship. Each plant is a proven success in homes — as easy to care for as it is beautiful. Beginning and veteran plant lovers alike will be intrigued with these distinctive carefully-chosen plants. Complete instructions and fascinating history are included with each plant. Order your gifts for Christmas and all the year — birthdays, anniversaries all special days — now. Simply specify the month each plan should begin. A handsome gift card inscribed as you direct will announce the membership at the proper time. Shortly thereafter your gifts will begin arriving. All except the glass garden plants will already be growing in their own plastic pots. The glass garden packet (glass container not included) will be ready to plant and enjoy. Choose from the three plans described below.

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Six gifts in one — lovely hardy plants in each month of the six consecutive month period you indicate.

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A delightful plant every month of the year. A connoisseur's collection. Please tell us when to begin.

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Each healthy, carefully chosen plant is covered by Plantron's guarantee. Plan members not completely satisfied with a plant need only to return the shipping label and we will replace the plant. Guarantee is void unless the shipping label is returned. * Where state laws prohibit import of selected items we will substitute a plant of comparable beauty and value.

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Just use the coupon to order exciting House Plant plans for those on your gift list and for yourself — we'll take care of the rest. You pay our invoice next month. Or — include your payment with order (thus saving us bookkeeping expenses) and we'll send you 2 easy-to-grow Resurrection Plants (a reg. $1.00 value) absolutely free! Note: We must receive orders by the 15th of the month for which shipment is requested.

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2207 East Oakland Ave., Bloomington, Illinois 61701

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Name_____
Address_____
City_____ State_____ Zip_____

Sign gift cards_____

PLANS D—E—F

☐ Additional list attached.

Send a____Month Plan beginning in_____to
Name_____
Address_____
City_____ State_____ Zip_____

☐ Please send me a____Month plan beginning in_____.

☐ I enclose $_____payment for my plans. Please send me 2 Miniature Orchid bulbs.

☐ Please bill me for the indicated plans.

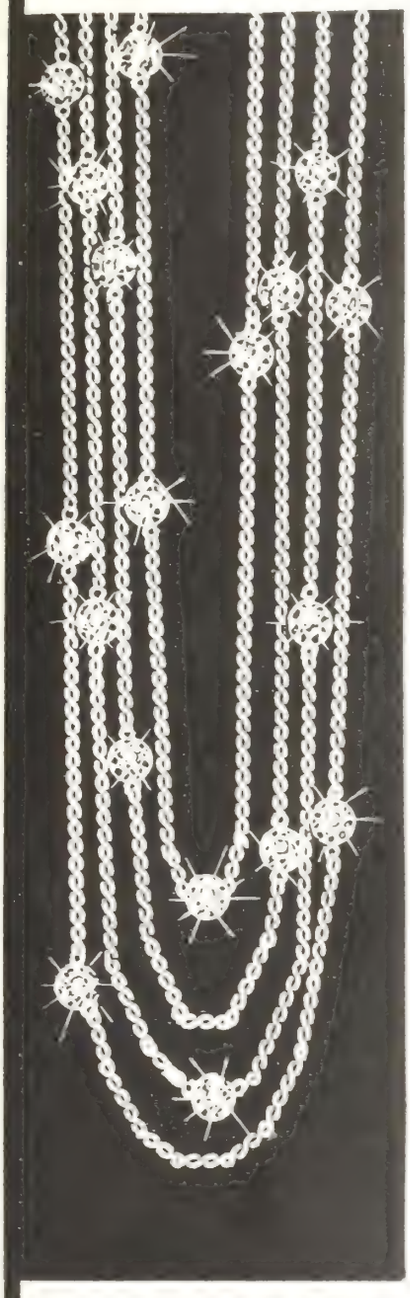
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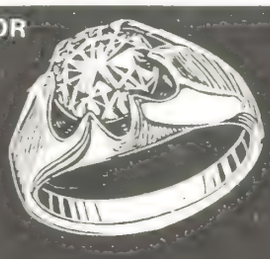
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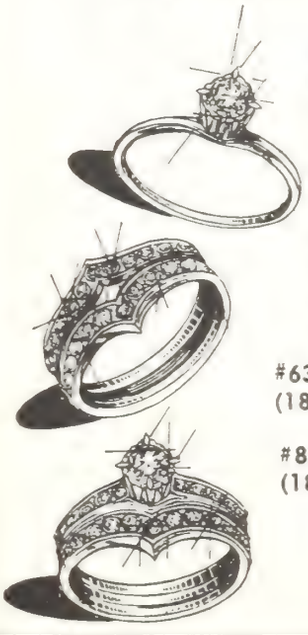
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GLOSSARY

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Sterling Silver (SS) — Heavy Gold Electroplate (HGE) — Gold Filled (GF)

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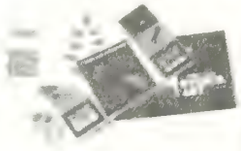


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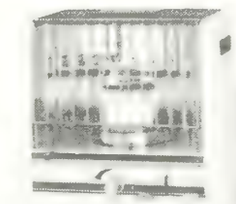
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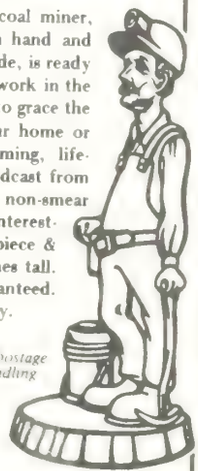


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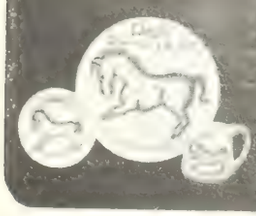
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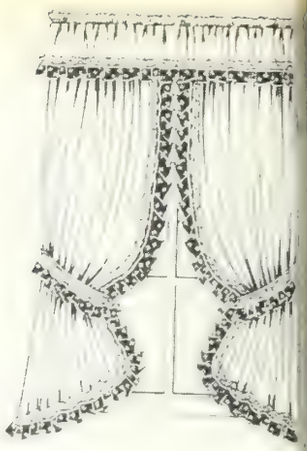
Choose from nursery theme, Teddy bear, Train, or Jack and Jill. Specify design, name and date. Plate, mug, and bowl, $30 (delivered). Plate and mug, $23 (delivered).

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Curtains in natural have 4" ruf with lace and calico in blue, cop brown. Blend of 50% poly, 5 cotton. 80" w. 30", 36" l., $9 a pr.; 45", 54", 63", $12.50; 7 81", 90", $16.50. Tie-backs, $1 pr.; valance, $5. Add $2 post. C nial Maid Curtains, HG11, Mar roneck, NY 10543.



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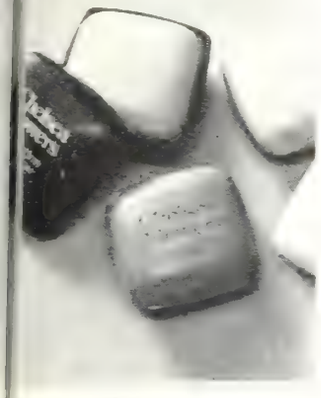
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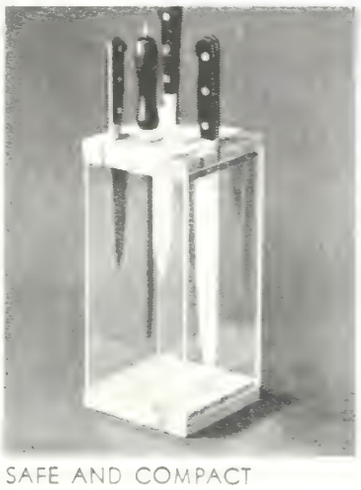
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igton cranberry pitcher is by mouth, then shaped by The glass melt producing ubtle color uses solid gold lead crystal" and has been ed by very few of the top nakers. 4"H. $9.98 plus $1 Taylor Gifts, HG11, 355 E. toga Rd., Wayne, PA 19087.



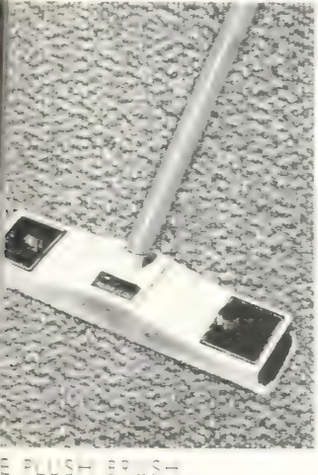
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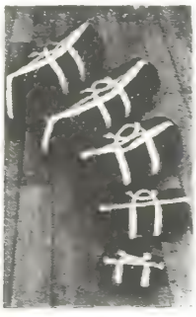
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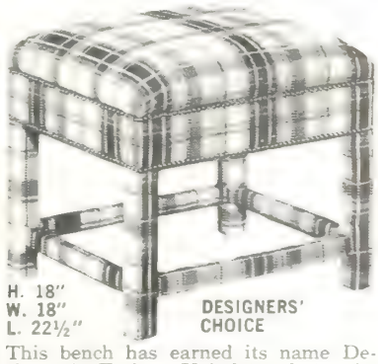
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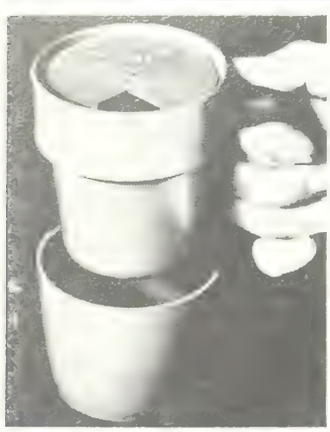
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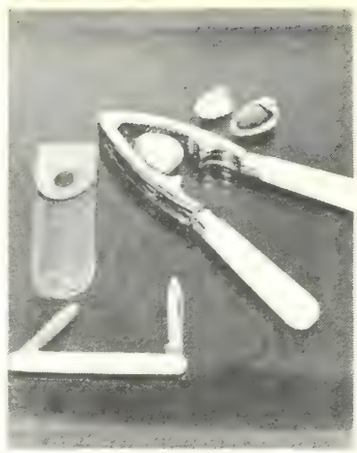
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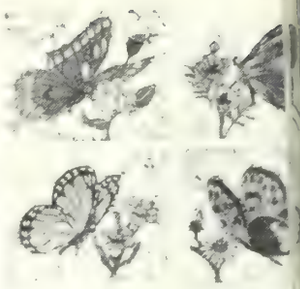
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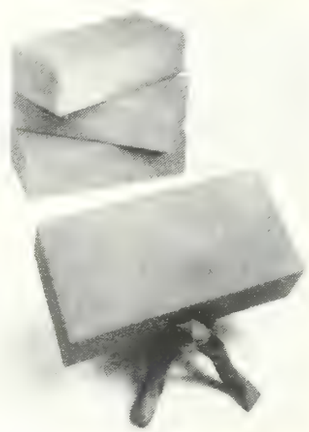
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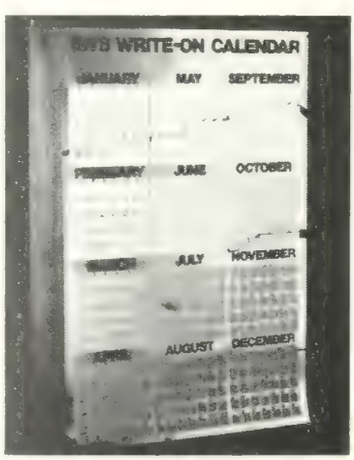
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Tension Reliever is a foam rubber red brick that sits on a hand-carved wooden stand. Relief comes from squeezing, throwing or beating the brick. Try it; you'll like it. $4.95; three extra bricks, $3.50; both, $7.95. Ppd. T.R. Enterprises, HG11, Box 273, Mechanicsville, PA 18934.



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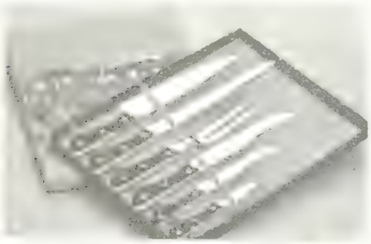
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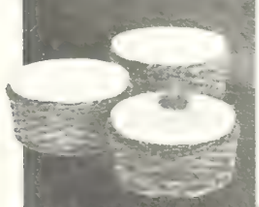
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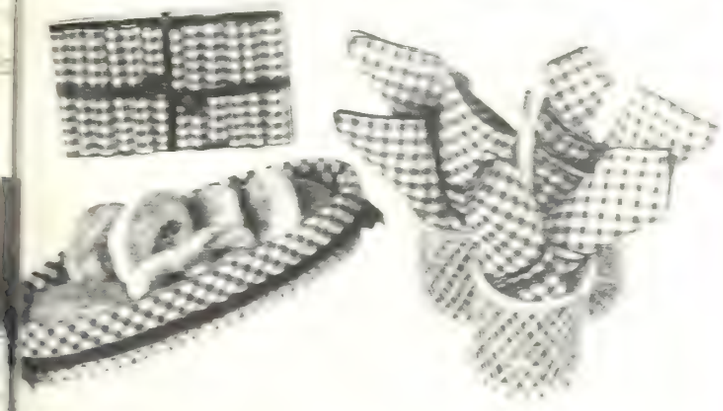


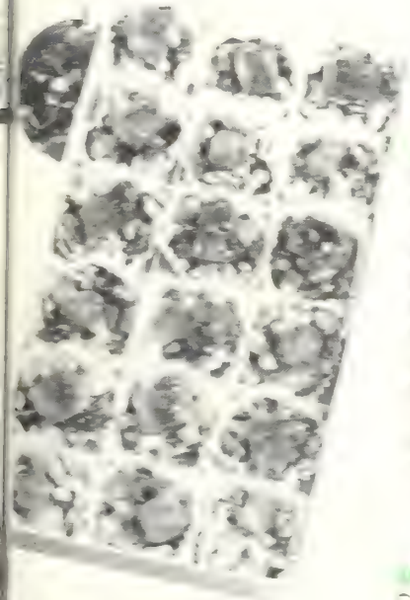
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Red, blue or brown gingham permanent-press cotton. 12 cocktail napkins, $5.25 plus 75¢. Rattan 6" by 14" bread basket liner, $6.50. 8" by 12" hors d'oeuvre platter napkins, $10. Add $1.50 ea. post. Extra napkins $1 ea. Dimington, HGH, 35 W. 36 St., New York, NY 10018.





[illegible] BASKET

Breakfast Time Puds are irresistible dessert fruit cakes from Mary of Puddn-n-. Box of 8 [illegible] 8 oz. Pud[illegible] Write for free sample & ide of fruit cake and new free Christmas catalogue of fruit cake gifts. Mary of Puddn-n- HGH, Box 2[illegible], Greenville, Tx. 7540[illegible]



MICROWAVE [illegible]

Combination plastic roaster-platter and pan heats in extra baking dish. Easy-to-clean, dishwasher safe. Use it for large roasts, turkeys. Also, for bacon, hot dogs, hamburgers. One piece 12" [illegible] 8". [illegible] plus $2 post. Free brochure of new Microwave cookware, accessories. Micro-Cook Products, Inc., HGH, Box 189, Glendale, IL 60022.

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PECANS IN THE SHELL [illegible]

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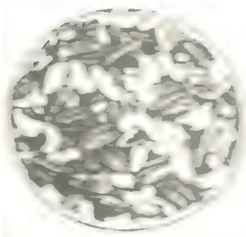
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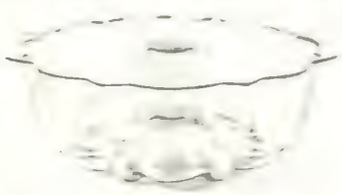
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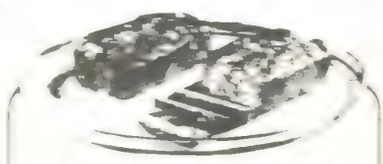
[illegible] for Traditional Holiday Cakes, Gelatin Salads, Meat Loaves, Cakes and Pudding. Use for Traditional Cakes, Meat Loaves, Gelatin Salads, Puddings, Cakes and Pies. ALUMINUM FOIL SAFE for Microwave Cooking. Dishes and Recipes in Owner's Manual are Recommended.

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Send [illegible] Vermont Maple Cake for $6.95 Ppd. Repeat [illegible] – [illegible] – only $5.50 ea. [illegible]

Name _____

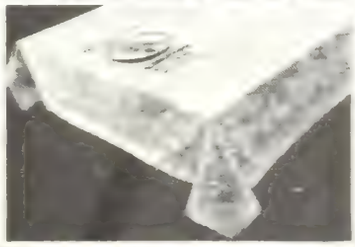
Address _____

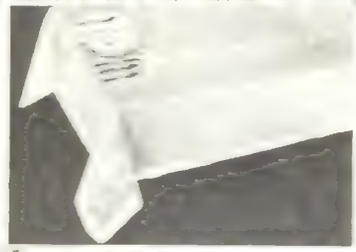
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[illegible]

OBLONG or OVAL

[illegible]

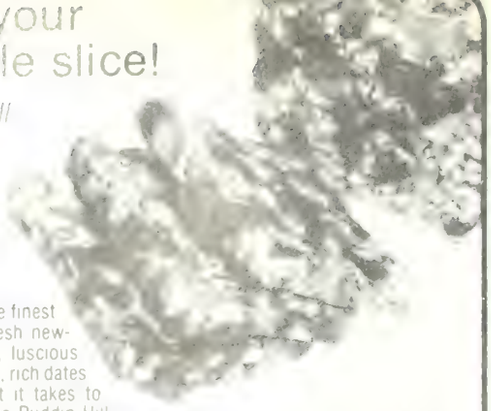
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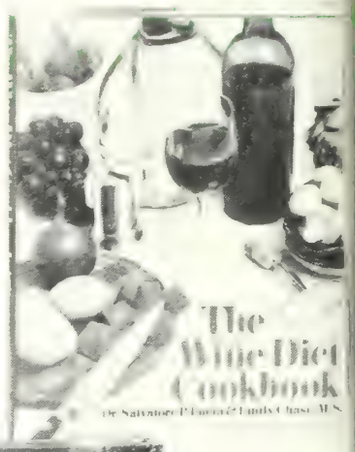
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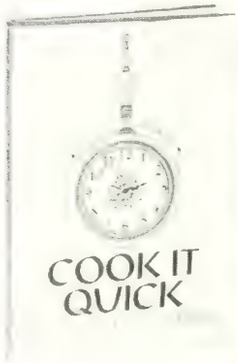
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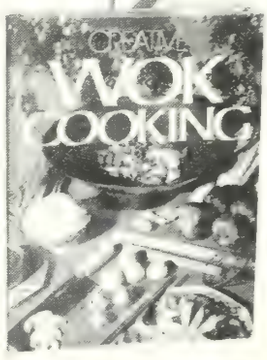
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The Wine Diet Cookbook shows role of wine in reducing, 132 pages $5.89. *Cook It Quick* has over 200 half-hour or less recipes $4.95. *Creative Wok Cooking* has Chinese recipes; stir-fry, other methods; 144 large pages $7.69. All hardcover. Three $15.95. Add $1.25 post. one, 60¢ each for more. Free catalogue. Gourmet Gallery, HG11, Box 215, Millwood, NY 10546.







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Fruit cake made with pure Vermont maple syrup, fruits, nuts, fresh butter, eggs. Cakes weigh one pound, keep for weeks, and improve with age. $5.95 each; two or more $5.50 each Ppd.

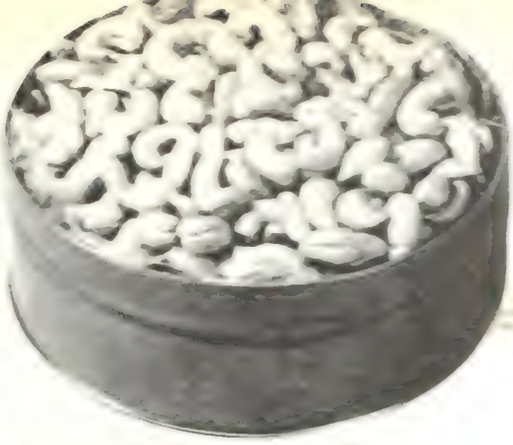


Free catalogue of smoked hams, bacon sausage, cheese and more. Harrington's of Vermont, 532B-7 Main St., Richmond, VT 05477.

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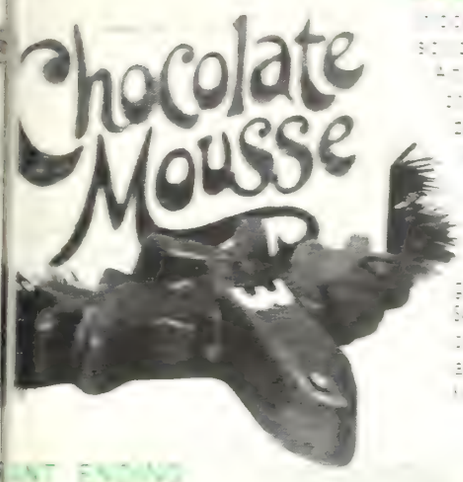
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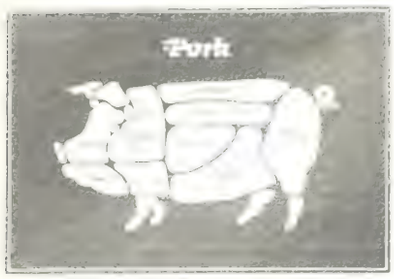
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Beef up (or Pork up) your kitchen



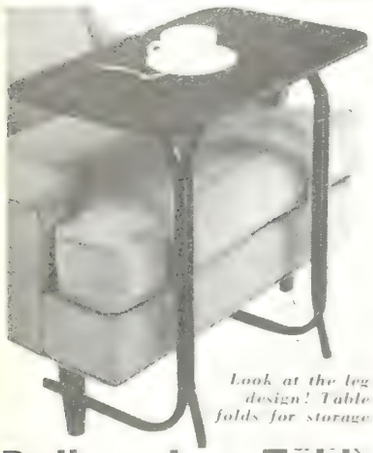
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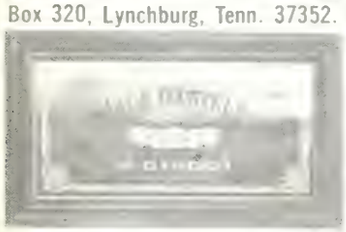
Our manufactory combines fine natural woods with superb craftsmanship — whether it's a five-piece bedroom set, or the solid cherry cookie molds shown above. They are carved on both sides, and just $14.50 for the small size, $16.50 for the large, or $30.00 for both, prepaid. A quick glance at our catalog shows you why every piece, large or small, has timeless elegance.



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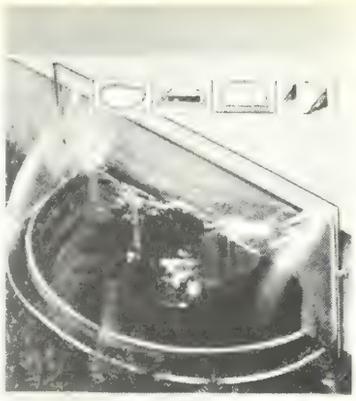
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Send this note, 1 thank-you note, 1 recipe card, and gift enclosure card with color catalog including Christmas cards and gift wrappings to me. I enclose 25¢. (Please Print)

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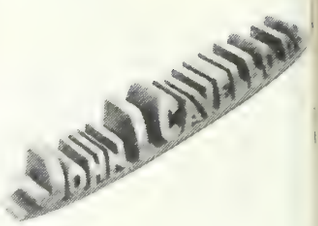
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Window bubble of clear, rigid heavy-duty Plexiglas lets in light but protects windows from weather. Covers semicircular well 40" l. by 12" h., projects 16". $16.95 plus $4 post. $6 w. of Miss. Send rough sketch measurements. Dilworth Manufacturing, HG11, Box 158, Honey Brook, PA 19344.



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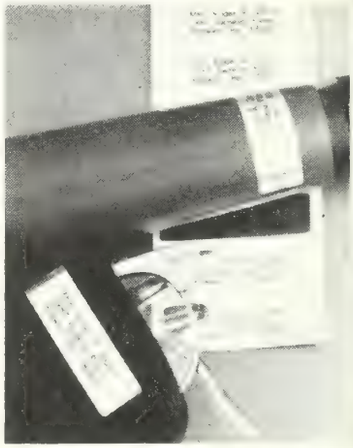
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Fine reproduction of an appealing figure executed by famous Yugoslavian sculptor, Miro Musalin. Scaled down copy of the original is produced in Dura-Stone, an old stone finish. Charming gift idea. 9"h. $21.95 plus $1 post. Art Guild, HG11, Box 23201, Minneapolis, MN 55423.



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Your lovely quilt or bedspread will become a conversation piece when properly displayed. Unusual rack can be used also for towels. 26"W by 17"D by 30"H. Sturdy metal in Koch brass or in nickel finish. Order No. GBQR-1. $84.80 ppd. St. Nicholas Boutiques, Dept. HG11, Santa Claus, IN 47579.



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INCREDIBLE PLAN FOR AUTOMATIC WEIGHT-LOSS!

Now! Lifetime Freedom From Fat

WITH DOCTOR'S AMAZING "COFFEE-OFF" PROGRAM

FOR CUP-TO-CUP WEIGHT-LOSS!



Think of it! You actually sip your appetite to sleep for hours at a time — sip yourself slimmer cupful to cupful — take your FINAL STEP TO LIFETIME SLIMNESS with the new "Coffee-Off" way to a brand new body!

So effective, you LOSE up to 6 pounds the very first weekend — LOSE up to 12 pounds of both fluid and fat in just 14 days — LOSE as much as 20 — 30 — 40 POUNDS OR EVEN MORE . . . **(and never gain it back for the rest of your life)**, as medical science shows you how to turn ordinary coffee or tea into the most "DYNAMITE" FAT-MELTING aid you've ever seen in your life.

LIKE TURNING UP AN INNER FURNACE THAT SHRINKS YOUR BODY'S FAT CELLS — STARTING THE VERY FIRST DAY!

Just 60 seconds from now you are going to discover how to take your morning cup of coffee . . . drop in what appears to be an ordinary sugar-cube . . . and launch yourself on the most incredible FAT-BURNING SPREE you've ever heard of. Yes, a journey to 'lifetime slimness' so fantastic, that just a few short weeks after using this doctor's amazing "Coffee-off" weight-loss program you'll suddenly find yourself 5 — 10 — 15 pounds lighter . . . your belt size 1 — 2 — 3 notches tighter! Because for the first time in your life you are going to win INSTANT CONTROL over your appetite . . . become its master instead of its slave . . . actually SWITCH OFF that maddening urge for food for hours at a time . . . as you watch your waistline shrink itself down **by as much as a full size in just a single week!**

24 HOURS — up to 2 POUNDS GONE!
48 HOURS — up to 6 POUNDS GONE!
AND THAT'S JUST THE BEGINNING!

Just think of it! Ordinary coffee or tea suddenly transformed into a fantastic body-slimming aid that not only helps you melt away as much as 12 pounds the first 2 weeks — but even more amazing, helps you:

LOSE up to 4 to 6 inches off your waistline
LOSE up to 2 to 5 inches off your hips
LOSE up to 3 inches off your thighs
LOSE up to 4 inches off your buttocks
LOSE up to 4 inches off your stomach

all without a moment of torturous diet — without a moment of brutal, punishing exercise — without battling your willpower or fighting off gnawing hunger!



LIKE 4 HOURS OF WILLPOWER IN ONE TINY, TASTELESS CUBE

AMAZING WILLPOWER-IN-A-CUBE" makes you master of your appetite instead of its slave . . . gives you INSTANT CONTROL OF HUNGER — LIFETIME VICTORY OVER FAT!

Most significant of all, as long as you follow this medically proven "Coffee-Off" lifetime slimness program, you actually become **totally immune to fat build-up for the rest of your life** — even if you've been hopelessly overweight for all your adult life.

NOW A LIFETIME OF SLIMNESS WITHOUT A MOMENT OF GNAWING HUNGER!

How can medical science make this lifetime dream come true? It's simple. Because one of America's leading weight-loss specialists has finally found a way to take ordinary coffee or tea . . . and convert it into a wondrous new kind of fat-fighting aid that SHUTS OFF EVEN A RUNAWAY APPETITE ON COMMAND! Yes, medical science has finally found a way to take ordinary coffee or tea and actually force hunger to STOP on the spot . . . make excess pounds and inches disappear from sight so fast . . . that in just 10 days time you will simply refuse to believe your bathroom scale — and in just a matter of weeks you may actually need a brand new wardrobe!

VITAL NOTICE:

Before starting this program, consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with high blood pressure, heart disease, diabetes, or thyroid disease should use only as directed by a physician. As a matter of fact, we ure you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.

*ALSO NOTE: People who dislike coffee or tea may use "FULL-STOP" slim-cubes in clear bouillon for the same LIFETIME SLIMNESS results.

BEST OF ALL — NO CRAVING, NO SLIDE-BACK — YOU STAY SLIM FOR GOOD ON THIS LIFETIME SLIMNESS PROGRAM!

The secret is a medically-proven formula, (that to the eye looks just like an ordinary sugar-cube) . . . BUT, when activated in coffee or tea . . . enters your system and automatically SHUTS OFF YOUR APPETITE — SHUTS OFF THAT DRIVING URGE FOR FOOD — SHUTS OFF GNAWING HUNGER for hours at a time! Actually kills your desire, your craving, your appetite for food from meal to meal! So much so in fact, you aren't lured or tempted by even the most mouth-watering food. Not by ice-cream . . . not by cake . . . not even by the most luscious steak. In a nutshell . . .

YOU'RE SIMPLY TURNED OFF FOOD FOR HOURS AT A TIME

The name of this doctor's wondrous "Coffee-Off" way to Life-



TURNS A CUPFUL OF COFFEE (or tea) INTO HOURS OF "LIQUID WILLPOWER"

(completely flavorless — affects only your appetite — not your taste.)

time Slimness is "FULL-STOP", because thats just what this medically-proven slim-cube formula does — **brings gnawing, runaway appetite to a dead FULL STOP right in its tracks!** Yes, according to medical experts just one "FULL-STOP" slim-cube in a cup of coffee or tea turns off your appetite INSTANTLY as if it suddenly went to sleep. You simply have no desire to eat for hours on end . . . even if all your life you've been cursed with a non-stop appetite. In fact, so effective is this "willpower-in-a-cube" you may actually have to consciously remind yourself to eat — which the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS, TOO FAST!

Now, just think what this great new development means, if all your life you've had to battle your appetite and struggle with your willpower!

Doctor's "LIQUID-WILLPOWER" DEVELOPMENT Ends Torturous Diet!

It means that instead of battling those mealtime pangs of hunger . . . fighting that maddening urge for food . . . you simply reach for a "FULL STOP" slim-cube instead of fattening food and "sip your appetite to sleep" with this doctors amazing 3-cups-a-day "Coffee-Off" way to AUTOMATIC WEIGHT-LOSS Because just like water turns off thirst, incredible "FULL-STOP" slim-cubes switch off hunger AUTOMATICALLY all day long! Down goes your appetite — down go the calories — and down goes your weight . . . with a rush!

LIFETIME CONTROL OF YOUR APPETITE FINALLY YOURS — MEANING YOU ARE NOW JUST DAYS AWAY FROM YOUR FIRST STEP TO LIFETIME SLIMNESS!

So if you want to SIP YOURSELF SLIM with this doctor's amazing coffee development . . . if you want to melt away pounds and inches STARTING THE VERY FIRST DAY . . . if you want to try this exciting medically-proven concept that combines both a doctor's scientific development and his full-satisfaction eating program that makes lifetime immunity to fat not a hope but a living reality . . . then take advantage of the no-risk offer described below! Yes, act now on guarantee of full satisfaction or money refunded in full (except postage & handling). Simply return within 10 days.

Remember — this is the last ad for a reducing product you will ever need to read in your life. If you drink coffee . . . or if you drink tea . . . then there is simply not a reason in the world to ever again be embarrassed by a single pound of overweight fat. So why not take the FINAL STEP and get rid of all those excess pounds and inches FOR THE REST OF YOUR LIFE. Act now!



JUST 3 CUPS A DAY HELPS MELT FAT AWAY as you sip yourself thin cupful to cupful with Doctor's LIFETIME SLIMNESS program for AUTOMATIC WEIGHT-LOSS!

1977 American Consumer Inc , Caroline Rd , Phila PA 19176

MAIL NO-RISK COUPON TODAY

Mead-Wilson Pharmacal, Dept. JCU-215
Caroline Road, Philadelphia, PA 19176

Yes, I want to lose weight fast and permanently with this doctor's amazing program featuring "FULL-STOP" Slim-Cubes. Please rush the offer I have checked below. If not delighted, I may return it in 10 days and you will refund the full purchase price (except postage & handling).

☐ (#019) Full 21-day Supply only $6.95 plus 35¢ postage & handling.
☐ (#027) Full 42-day Supply only $11.95 (Save $2.00) plus 50¢ postage & handling.
☐ (#035) Full 63-day Supply only $14.95 (Save $4.00) plus 65¢ postage & handling.

Total amount enclosed $_____. PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one Exp. Date_____
☐ BankAmericard ☐ American Express
☐ Master Charge
BANK NUMBER — — — —

Credit Card # _____

Name_____

Address_____ Apt. #_____

City_____ State_____ Zip_____

5530

Div. of American Consumer, Inc.



IMAGINE! GIANT INDOOR FALL AND WINTER STRAWBERRIES

– in just 60 days!

Yes, you simply take these winter wonder-fruits developed by the U.S. Dept. of Agriculture . . . hang them inside your home . . . and pick masses of luscious red berries ALL FALL, ALL WINTER — RIGHT THROUGH SPRING!

Think of it! An entire hanging garden of "FALL, WINTER AND SPRING" indoor strawberries that grow into a wondrous indoor orchard just teeming with basket-after-basket of the sweetest, juiciest berries you've ever sunk your tooth into.

HUGE "RESTAURANT" TYPE BERRIES JUST AS BIG, JUST AS TASTY AS THE BIGGEST OUTDOOR STRAWBERRIES!

And not just ordinary strawberries, but giant RECORD-BOOK fruits that look like small peaches. Yes, yours ALL FALL, WINTER and SPRING — a summertime feast of berries by the basketful that are:

- SO BIG and juicy you eat them like hand-fruit . . . just like peaches or plums.
- SO HUGE and meaty, just one sliced-up berry tops a whole bowlful of cereal.
- SO PROLIFIC that for every giant berry you pick when it first fruits, you'll pick 2, 3 even 4 times as many as the months go by!

THINK OF IT — FROM THIS ONE SINGLE PLANT YOU GET A WHOLE FALL, WINTER AND SPRING "STRAWBERRY FACTORY"

Just imagine the taste thrills galore as you "spoil" yourself and your family with FRESH-PICKED STRAWBERRIES from your own indoor hanging garden ALL FALL, ALL WINTER, ALL SPRING, **smack up to summer starting just weeks from now!**

FOR BERRIES BY THE BASKETFUL ALL FALL, WINTER, AND SPRING — ACT NOW!

Now, the price of these wondrous INDOOR-FRUITING STRAWBERRIES is not the $3.00 or $4.00 per plant you might expect . . . just a mere $2.98 for the entire 3-Plant Hanging Garden, PLANTER INCLUDED. And remember — the plants we send you are live, fruiting, nursery grown stock . . . all set to grow and reward you with berries by the basketful . . . berries almost the size of SMALL PEACHES . . . starting in just 60 days!

But since now is the time they must be shipped if you want a parade of sweet, fresh strawberries starting this very fall and winter from your own INDOOR HANGING STRAWBERRY GARDEN (and continuing right through spring and smack up to summer) . . . you must act NOW!

GUARANTEE

For strawberries by the basketful starting in just 60 days simply follow easy growing instructions — and get set for a non-stop "Berry Festival" ALL FALL, ALL WINTER, ALL SPRING! Yes, basket after basket of giant RECORD-BOOK fruits — so big they look like small peaches — or money refunded in full, (except postage and handling, of course) anytime within the next 6 months!

© 1977 American Consumer, Inc., Caroline Rd., Phila., PA 19176

MAIL NO-RISK COUPON TODAY

HANGING STRAWBERRY GARDEN, Dept. JSWF-84
Caroline Road, Philadelphia, PA 19176

Please send me the Giant Hanging Indoor Strawberry Garden(s) I have checked below. I understand that these indoor fruiting strawberry plants come in their own decorator's hanging planter, and are guaranteed to fruit like crazy from fall right through to summer, or my purchase price will be refunded in full (except postage & handling).

Check offer desired:

- ☐ 3 Giant Indoor Fall-to-Summer Strawberry Plants plus Hanging Decorator Planters only $2.98 plus 50¢ postage & handling.
- ☐ 6 Giant Indoor Fall-to-Summer Strawberry Plants plus 2 Hanging Decorator Planters only $4.98 plus 75¢ postage & handling.
- ☐ 9 Giant Indoor Fall-to-Summer Strawberry Plants plus 3 Hanging Decorator Planters only $6.98 plus $1 postage & handling.

Total amount enclosed $_____ (PA residents add 6% sales tax). Check or money order, no C.O.D.s please.

N_____

Address _____ Apt. # _____

Cit_____ State _____ Zip _____

6721-500

Div. of American Consumer, Inc.



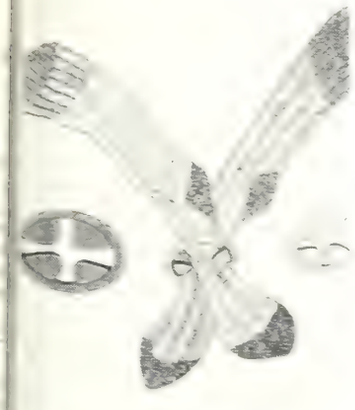
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amese cat handpainted in beige d browns is set against scotch tch background. Canvas is 13 esh; overall 13" by 17" a nice e to work. Design on canvas. 9.50; with Paternayan yarns. 1.75. Ppd. Catalogue, $1. The eative Home, HG-1, Box 250. wton Upper Falls, MA 02164.



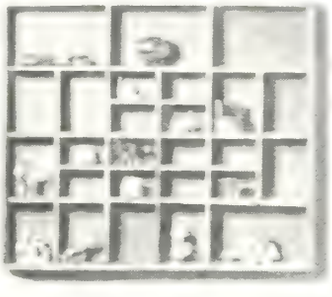
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Large produce bags are made of strong woven grass, in natural color brightened with colorful designs. Terrific wall hangings, elegant framed. Or great carryall for the college bound. About 30"W by 42"L. $7.95 plus $1.50 post. Susan Cone, HG11, 5811 Mercedes, Dallas, TX 75206.



[illegible]

ocks stay together through the ashing and drying process with nique plastic rings that keep nem paired. An easy solution to nat dull hand sorting. Enough orters for 24 pairs, $1.98 plus 0¢ post. Anthony Enterprises. HG11, 556 Mission St., San Francisco, CA 94105.



[illegible]

Collectors of miniature objects, sea shells, whatever find a shadowbox ideal. Antique wood finish. 22 cubicles, 16½" by 12¼" by 1½", $7.50; 26 cubicles, 19¾" by 16½" by 1½", $10; 44, 24½" by 16½" by 1½", $12. Add $2 post. The Wharf, HG11, 5000 Shelbyville Rd., Louisville, KY 40207.



HOSTESS NAPKIN

Add a touch of elegance to your dining table by folding napkins as they do in famous restaurants. Booklet illustrates how to make the folds. Shell (shown) is just one of many included. $2.95 plus 35¢ post.; two or more $2.75 ppd. Whitehawk, HG-16, 390 Old Wyman St., Waltham, MA 02154.



WALLET PHOTOS

Favorite photographs to include with Christmas greetings. Studio quality, 2½" by 3½". In color: 20 for $1.98; 32 for $2.98, send color negative, photo or slide. Black and white: 36 for $1; 76 for $2, send photo or negative. Add 40¢ post ea. Philips Foto Co., 11HG, Elmsford, N.Y. 10523.

Suddenly! — You solve the Ascot problem

If your passion for Ascots is frustrated by their never staying in place — try our Open Collar Ties. Tailored to shape to your neck, they adjust to size and stay neatly in place with Velcro closure. The fabrics are 100% Polyester from Italy. Love them or your money refunded.

Paisley, colored grounds:
Blue • Brown • Green **$8.50**

Tattersal Checks white grounds
Blue • Wine • Brown **$7.95**

Solid Shades:
Navy • Wine • Brown • Green
Beige • Tan • Rust
Yellow • White • Black **$6.95**

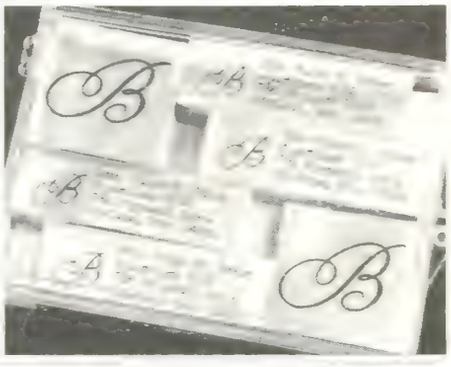


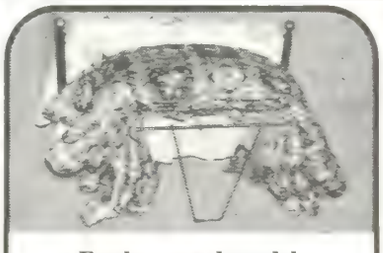
U.S. Patent 3,938,214

OST CRAVATES — DEPT A7
CHAMPLAIN, N.Y. 12919
In Canada: 6666 St. Urbain St., Montreal H2S 3H1

GOLDEN OPPORTUNITY

[illegible] gant name and address labels. The set includes 250 black on gold 1½"x1½" script initial address labels (To 20 letters per line, 4 lines) and 125 matching gold initial 1x1" envelope seals. We use them to personalize everything—stationery, checks, to identify books. $3.50 — post., 45¢ 1st Class, 25¢ 3rd Class. 80P gift catalog, 50¢. Bruce Bolind, 211 Bolind Bldg., Boulder, Colo. 80302. Since 1956. Thanks To You!





Bedspread caddy saves effort

Easier bed-making without [illegible]. Just pull hidden caddy from between mattress and spring. Legs drop into position. Lay spread onto caddy, accordion fashion... ready for quick, easy, morning make-up. Brown metal caddy glides back out of sight by day. Ideal for Hollywood beds or low footboards. For double, king or queen-sized beds, get two.

Satisfaction or money back.

9.83 or 2 (same address) for 18.85. Add 1.55 shipping

GARRETT'S

[illegible]

®Pivotelli

Multi-Directional Audio Visual Brackets

- adjust viewing/listening angle
- uncluttered floating appearance
- save valuable floor space
- Engineered in High Grade Steel
- Finished in matt black or white



$69.95 + $5 Freight

24" double elbow action plus swivel base allows TV to be tucked into wall, etc. Will support color table models. British designed and engineered.

Order from:
CIRCLE 4 COMPANY
12905 S.W. 68th Ave., Miami, FL 33157
Enclose check, m.o. or Master Charge No.
No C.O.D.'s please.



© R. Dakin & Co.

MAMA & BABY KOALA

The Perfect Gift

A cute cuddly combination of quality workmanship in natural color. Surface washable active plush. Eyes will not come off. Meets U.S. flammability regulations, non allergenic. Comes with information about care and raising of baby. Mama [illegible] baby 6 in. Only $19.95 the set

Send check, money order, BankAmericard/Visa or Master Charge to:

THE APPLE PEEL
P.O. Box 475 Fenton, Mich. 48430

[illegible]

Mich. residents add 4% sales tax

Twelve
wonderful ways
to say
Merry Christmas!

HOUSE & GARDEN

When you give a Christmas gift of House & Garden, you give a gift of pleasure every month. Wonderful decorating ideas for every room, any budget. Glorious gardens. The best in architecture, antiques, crafts. The latest in furniture, fabrics, colors, and accessories. Ideas for living, to make life more fun. And the best recipes and entertaining ideas you can find anywhere.

You can fill in the form across the page right now. Just before Christmas we'll send you special greeting cards to sign as you wish and send to your friends. Give a subscription of House & Garden—it's like 12 months of Christmas.



ALED FOR ROOM PLANS

iniature polystyrene pieces are " to 1' scale to help plan your m arrangements easily, come kit with graph board, walls, dows, doors, and instructions. rniture includes variety plus fire- ce, piano. $9.50 ppd. Write to n-It-Kit, HG11, Box 429, West- rt, CT 06880.



BIG AND BEAUTIFUL

Solid copper watering can holds two quarts, cuts down on refill trips. Polished, lacquered, and tarnish-resistant. The 13" spout gets into hard-to-reach places. 10" h. by 5½" dia. Elegant gift. $16.95 plus $1.85 post. Artisan Galleries, HG11, 2100 No. Haskell Ave., Dallas, TX 75204.



EARISH BOOKENDS

hildren find a set of bear book- nds brighten the bookshelf in a iendly way. Pine sanded to smooth nish; acrylic painted in pink/ rown, blue/brown with yellow and reen accents. 8" h. $8.95 plus $1 ost. Catalogue, 25¢. Serendipity esigns, HG11, Rte 2, Box 80, lonroeville, AL 36460.



STRAP CLIPS

Gold-finished metal lingerie clips keep bra and slip straps secure in handsome fashion. A smart way to be sure that straps won't tumble down when wearing a low cut gown. 2 clips for $1.98 plus 20¢ post. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



SILHOUETTES

Elegant. . . Hand-Cut

from your profile (side view) photograph. A likeness is skillfully made from jet black paper by experienced artist.

Mounted on special 5 x 7 decorator board ready for framing.

A beautiful profile portrait in silhouette that will enhance the decor of any room or office.

Only $4.95 each, postpaid

FREE: *Special Introductory Offer* — one extra copy of each silhouette purchased.

ORDER TODAY! Additional copies $1 each. All Photos returned unharmed.

MONEY BACK GUARANTEE

FRANCOIS SILHOUETTES, Dept GY
1118 So. Peregrine Place
P.O. Box 6192 • Anaheim, CA 92806

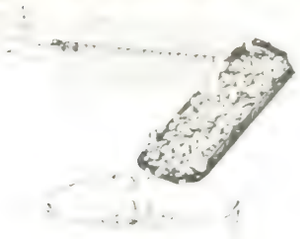


VANITY MIRROR

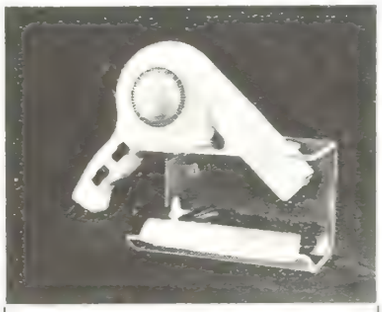
Dress up your bedroom, bath or dressing room with this graceful make-up mirror and matching boutique-size tissue cover. The chic styling of the hand-woven white wicker complements any decor. 8½" x 11" mirror stands 18" high. Two piece set, $24.95; mirror, $17.50; tissue holder, $8.50. (Add $1.50 postage/handling each; 6% tax in Calif.).

LEECO, Dept. HG-11
6932 Tujunga Ave.,
North Hollywood, CA 91605

CRUSHED ICE MAKER



Quickly freezes and instantly releases two pounds of crushed ice right into ice storage bag that's furnished with the tray. Honeycomb Aluminum with R-95 Non-Stick Finish. A great holiday gift item. $6.99 each plus 75¢ postage and handling. MTMC, P.O. Box 189, Dayton, Ohio 45449. Ohio Residents add 4½% tax.



HAIR DRYER HOLDER

You'll get a lot more use from your hair dryer when it's handy to use. No need to pack it away each time; store it at arms reach in our sparkling acrylic holder. This handy space saver will hang on wall or can be placed on dresser for instant availability. Has shelf for cord, comb and brush. Only **$10.95** plus .90 postage. Money back, of course, if not delighted. **Free catalogue.**

WORLD'S WINDOW Dept. HG117
12 Holly Lane, Plainview, NY 11803



HAND-EMBROIDERED CREWEL FABRIC BY THE YARD FOR IMMEDIATE DELIVERY

That fabulous fabric from India you've always yearned for, sensationally priced, direct from the Importer! Multi-color wool flowers hand-embroidered on natural handwoven cotton for draperies, upholstery, slipcovers!

50" wide **$14.00** **yard ppd.**

Ready-made Bedspreads	Twin $70 ● Full $80	Queen $90 ● King $100
Table-cloths	70" round $50	90" round $60

GURIAN'S 276 Fifth Ave., Dept. G117 New York, N.Y. [illegible]



COLLECTOR'S Plate [illegible] 7.95



SPOON RACK

DISPLAY your Collection of Spoons! A deftly [illegible] to hang alone. Spaced to hold 18 of your precious spoons from demitasse to table size. Made of yester years mellow Pine & hand-rubbed to a satin smooth colonial fruitwood finish. 14 x 13" wide. $8.95 pp. New 24" wide rack holds 36 spoons. $13.95 pp.



8-TRACK CARTRIDGE CASE

SOLVES Cartridge storing problem! Custom-made of heavy book binders board, bound in a Kid-Grain Leatherette with Gold embossed design. Individual storage slots hold Cartridges in original cartons slightly tilted back to prevent spillage. Ideal for keeping your collection neat & orderly. Choose Black, blue, brown, green. 5¼ x 13½" high. [illegible], $10.95 ppd. [illegible]: $16.95 ppd.



CASSETTE CASE

ANSWERS Cassette storing problem! Custom made of heavy book binders board, bound in a Kid-Grain Leatherette with Gold embossed design. Individual storage slots hold 60 Cassettes slightly tilted back to prevent handling spillage. 13½ x 5½ 12⅝" wide. Small unit holds 30 Cassettes. 13½ x 5½ x 6½". Ideal solution for keeping a collection neat & orderly. Choose: Black, blue, brown, green. 30-unit, $14.95 ppd. 60-unit, $19.95 ppd.

ART GUILD [illegible]
enterprises [illegible]





SHAPE UP WITH HEALTH JUMPER EXERCISER

100% more effective than jogging. The easy, fun way to firm and slim your body. Stay in beautiful shape wherever you are . . . at home, while traveling, or in the office. A professional exercise device . . . scientifically designed with specially weighted unbreakable plastic links which do not twist or knot. Not fatiguing or monotonous and can be done rain or shine. For Men and Women. Exercise instructions included.

HEALTH JUMPER EXERCISER . . . . . $4.98 + 65¢ Mailing Each

No COD's or Billing *Add 6% Sales Tax in California*

14 Day Money Back Guarantee

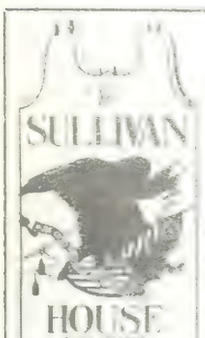
Anthony Enterprises Dept. HG-117
556 Mission, San Francisco, Calif. 94105



MONOGRAM PILLOW

Any single initial, Ivory Embroidered and Trimmed on fine Cotton Velvet, 15" sq., lush dacron fiberfill, zippered. (No Q,I,U,X,Y,Z.) Your choice of colors Rust, Sand Beige, Wedgwood Blue, Earth Brown, Gold . . . $22.50 plus $1.75 pst. & hdlg. (Calif. add $1.35 sales tax), satisf. guart'd. Send check or M.O. (no C.O.D.'s or Canada orders). Allow 60 days (or sooner).

THE PILLOW STORE
P.O. Box 66134
Los Angeles, Calif. 90066



AN AMERICANA WELCOME

Personalized

Have your own name inscribed above a beautiful hand-screened eagle, in 8 colors, over an indigo navy background. We add the year of your marriage or when you established your home. Solid pine. Display inside or outside. Size 9½"x18".

Send 25¢ for full color catalog. **$17.95** ppd.

Allow three weeks for delivery.
Mass. residents add 5% sales tax.

This sign is an exclusive at

The STAGE STOP
440 Great Rd. HG11, Acton, Mass. 01720

One of New England's most intriguing gift shops. Next to historic Concord.

gentry-lucas tapestry works



TUFTED TAPESTRY

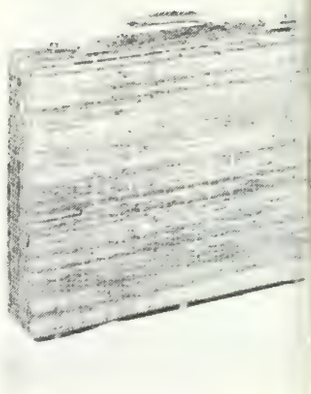
Wouldn't a timeless heirloom tapestry enrich your home atmosphere? Your family crest sculptured of wool, hand made for you, will last many generations call us: (517) 349-5586 or write for tapestry idea brochure

PO box 252
Okemos, MI



ELEVATING CHAIR

Seat and arms elevate, help you all the way to standing position. Adjustable seat height, posture-support back adjusts height and angle. Ask about Medicare coverage and free home trial. Varied styles, colors. Color catalogue/price list free. Burke, Inc., HG11, Box 1064, Mission, KS 66202.



EXECUTIVE ATTACHE

VIPs of both sexes find a br accented rattan attache case is perfect carrier for papers, do ments, briefs—even sandwich 13" by 16" by 4", lock and k Two-toned diamond weave. $29. plus $2 post. Catalogue 25¢. Fra Basket House, HG11, Rte 10, S casunna, NJ 07876.



BUTTERFLY TO STITCH

Pillow cover kit for cross stitch design includes unstamped white aida cloth for finished 10" by 12" pillow, embroidery floss, needle, graph, instructions. Yellow/blue/green; brown/yellow/rust or specify. $8.50; two, $16 ppd. Designs by Anita, HG11, Box 13042, Greensboro, NC 27405.



CHRISTIAN BOOKS

Seven classics in set. Marshal *Something More;* Carothers: *Pris on To Praise;* Wilkerson: *The Cros and the Switchblade;* Lewis: *Mer Christianity;* Colson: *Born Agair* Martin: *Hungry For God;* Ranaghar *Catholic Pentecostals.* In jacket $15.50 ppd. Janfred's, HG11, Bo 261, Portsmouth, RI 02871.



SHELLS AT THE TABLE

Genuine capiz shells crafted into placemats, plates, napkin rings. 14" by 20" oval mats, $15 each. 6" dia. mother-of-pearl plate, $15 each. Gold tone or silver metal trim shell napkin rings, $12 for 4, boxed. Add $2 post. Pearl Design Center, HG117, 979 3rd Ave., New York, NY 10022.



GRACEFUL GEESE

"Flight" by John Marin is hand painted on California Ponderosa pine. Painting is ready to hang, no framing necessary. White geese on a warm brown background. An impressive 31" by 41". $79.95 ppd. Color catalogue $1, free with order. Malibu Studios, Dept. HG11, 604 Hampton Drive, Venice, CA 90291.



MINIATURES IN PEWTER

iny sewing set handcast in pew-er, treasure to collect and dis-lay. Dime-sized thimble, scis-ors and spool of thread with its needle. Sure to enchant a doll own-r of any age. $7.75 plus 60¢ ost. Thrifty Gifty, HG11, 516 Kin-derkamack Rd., River Edge, NJ 07661.



PRETTY BUCKETS

Carrier for Christmas goodies or portable lunches. Brightly colored designs on covered buckets with copper handles. Tiny Tins, 4¾"h., 6" dia., $6; 5¾"h., 7½" dia., $7. Ideal gifts. Add $1 post. Brochure, 25¢. Write to Jamar, Inc., HG11, Box 15081, Winston-Salem, NC 27103.



VINEGAR MAKER

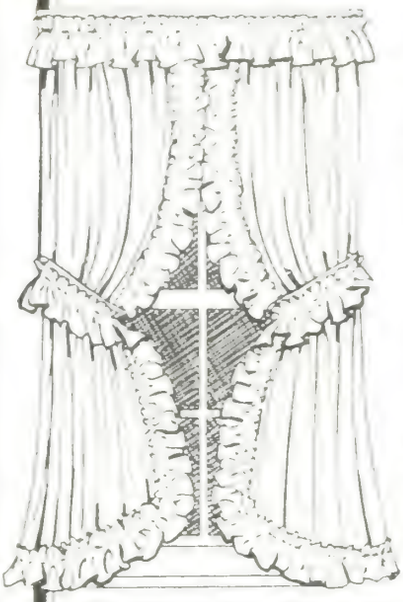
Oak barrel, 6" by 8", with brass staves contains a half-gallon of pure vinegar, aged three months, and "mother" enzymes. All you do is pour any wine leavings into cask which turns them to endless pure-vinegar supply. $39.95 plus $3 post. Franjoh Cellars, HG11, Box 7462, Stockton, CA 95207.



ANGEL IN FLIGHT

Three-dimensional personalized brass ornament to shine on tree. Won't tarnish or break. About 4" l. Two parts slip together and lock securely. Unique Lillikins® design. Print name, $2.98; three $7.98. Add 50¢ post. Lillian Vernon, GNE, 510 So. Fulton Ave., Mt. Vernon, NY 10550.

COLONIAL MAID CURTAINS



No Iron Muslin

from Provincetown, Cape Cod. Extra full 3" French headed ruffle [illegible] pair with attached valance. 35% cotton, 65% polyester, in natural or white. Machine wash, dry, no iron.

Tiers

24", 30", or 36" lg. **7.50 pr.**

With Tiebacks Extra Valance

45", 54", or 63" lg. **11.50 pr.**

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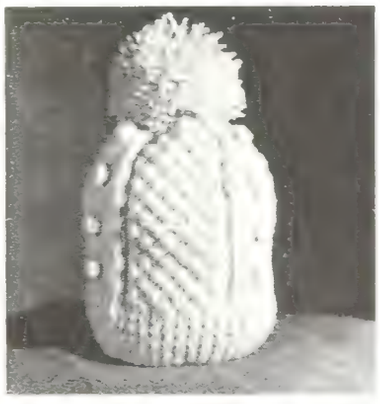
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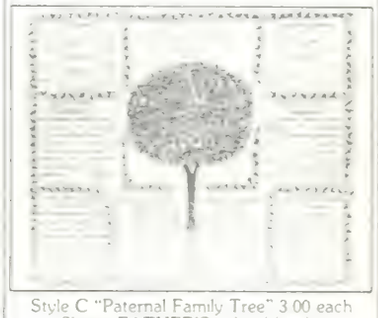
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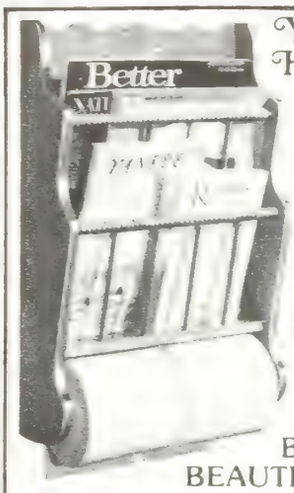
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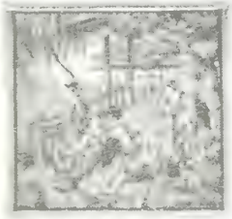
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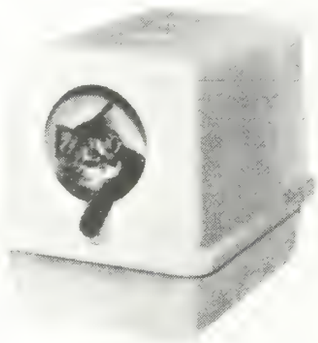
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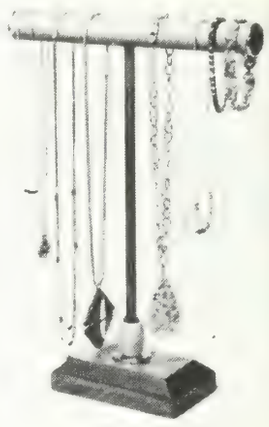
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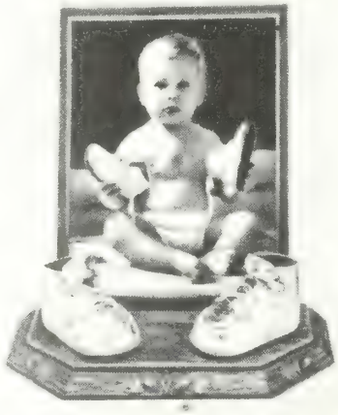
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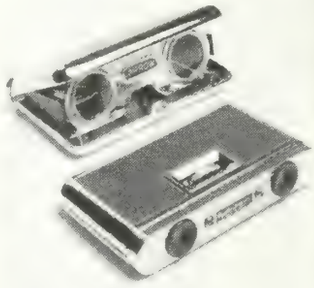
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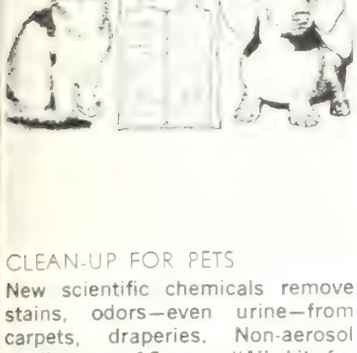
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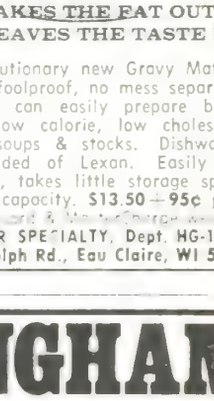
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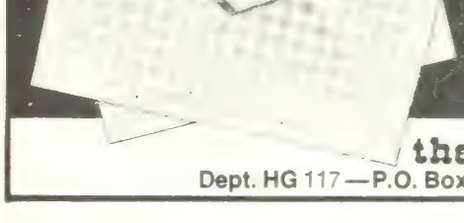
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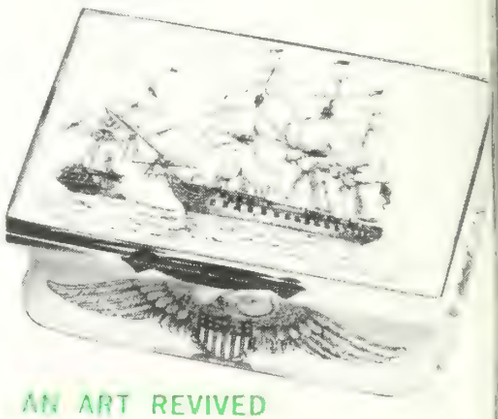
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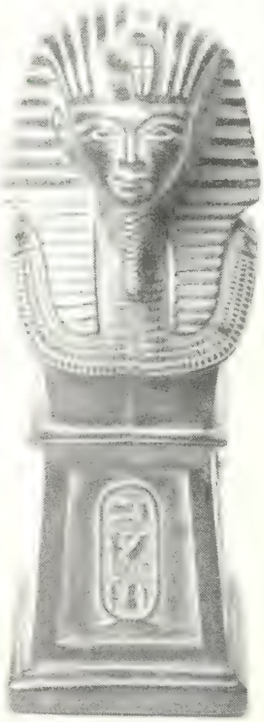
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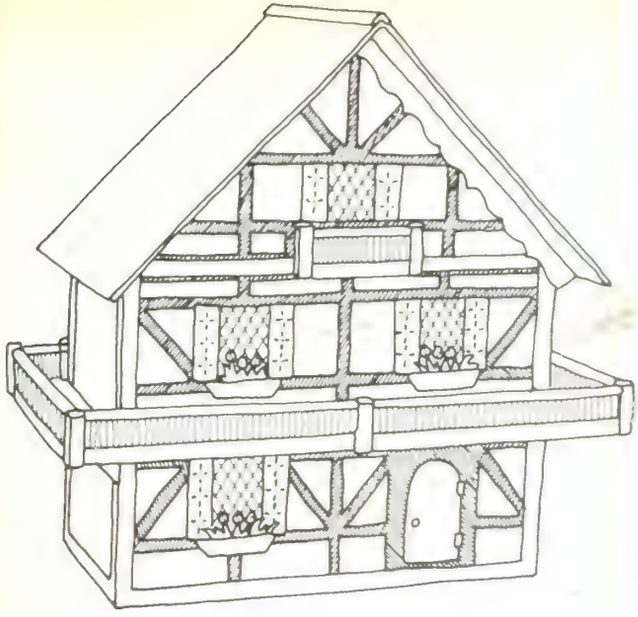


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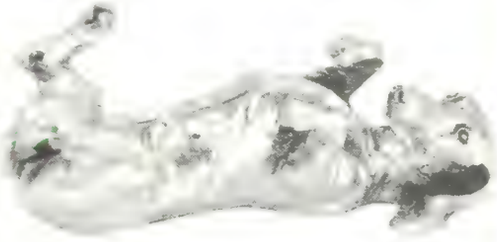
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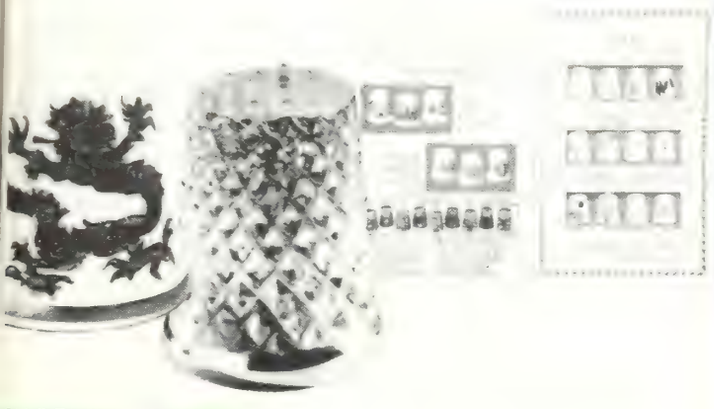


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Primitive Sculpture

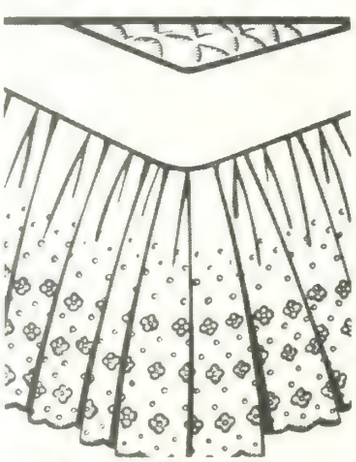
Charming rusted steel sculptured designs for display indoors, patio, garden or rooftop [illegible] antique weathervanes. Rotates with [illegible] small German settlement in Texas. Choice from 70 silhouettes. Sizes range from 9" x 14" to 27" x 12". Choice of stand, floor, table, garden or roof. Complete with stand and ship-[illegible]

FREE CATALOGUE
Garden Accents



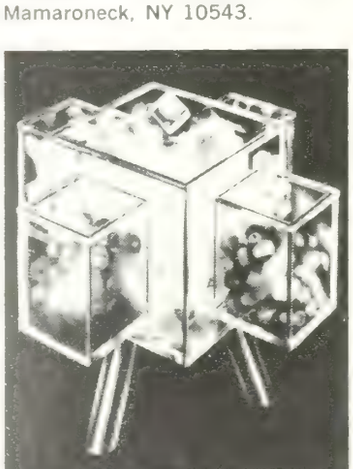
TO RESTORE LUSTRE

Use Simichrome Polish, a finely formulated soft paste to renew and protect antiques of silver, brass, copper, pewter, and all metals. From Germany. Endorsed by antique experts, museums. One, $1.85; three $5. Ppd. Simichrome Competition Chemicals, HG11, Box 141, Iowa Falls, IA 50126.



[illegible] EYELET RUFFLE

A high fourposter merits an eyelet dust ruffle. 50% Avril, 50% polyester in natural or white. Drop length of 14", 18", 22". Machine wash; no iron. Twin or full, $30; queen, $35; king, $38. Add $2 post. Free catalogue. Colonial Maid Curtains, G11D, Lawn Terrace, Mamaroneck, NY 10543.



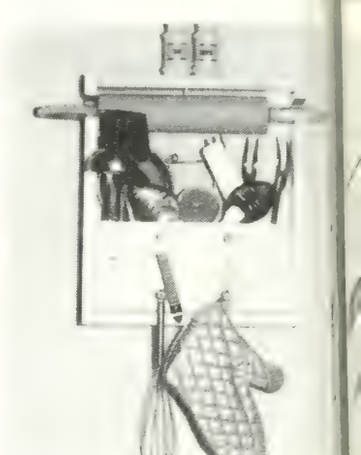
MAGIC BARKEEPER

Crystal clear acrylic looks as though the ice and all the fixings for mixed drinks were suspended in air. Center cube holds ice; four small cubes hold lemon peels, olives, cherries, whatever. Handcrafted, hand-polished. 12"h. $38 ppd. Catalogue, 25¢. Hilltop House, HG117, 102 Gertrude Dr., Chalfont, PA 18914.



HANDBLOWN GRACE NOTE

Clear glass oil lamp hangs on [illegible] wall to lend an air of charm or [illegible] use in emergencies. Filled w[illegible] quality lamp oil, it is odorless [illegible] burns clean from 10 to 30 hou[illegible] 9", $24.50; 12", $28.50. Add [illegible] post., each add'l $1.50. Perfor[illegible] er's Outlet, 222 E. 85th St., N[illegible] York, NY 10028.



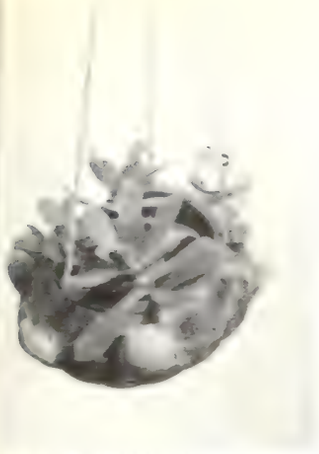
EVERYTHING IN PLACE

All-wood organizer holds kitche[illegible] utensils. Has place for rolling pi[illegible] plus four knobs for hanging item[illegible] 13½" by 3½" by 15". Goes [illegible] wall (two ring-type hooks include[illegible] or counter. Natural or walnut fi[illegible] ish. $12.95 plus $1.50 post. C. Lindsey, HG11, 219 King Arthu[illegible] Lawrenceville, GA 30245.



INITIALLY DRAMATIC

Graceful single initial is embroi[illegible] dered in ivory on a 15" cotton velvet pillow. Filling is Dacron fi[illegible] berfill; pillow is zippered. No. Q, I U, X, Y, Z. Choose rust, sand beige Wedgwood blue, brown or gold $21.50 plus $1.75 post. The Pil[illegible] low Store, HG11, PO Box 66134, Los Angeles, CA 90066.



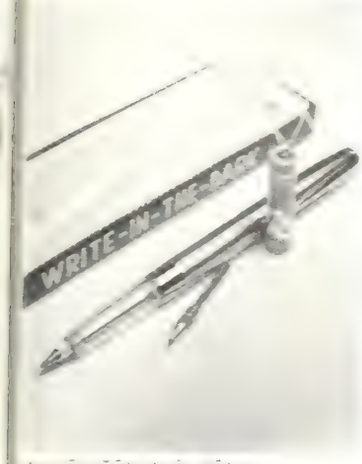
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new style in hanging planters enhance any decor in home or fice, or outdoors. Also makes an teresting hanging ashtray. Over- l size 7"L by 5"W by 4"H. In- ert for plant 3½"L by 3"W by ½"D. $3.50 plus 50¢ post. C & E mports, Dept. 117, Box 2485. arasota, FL 33578.



[illegible]

Why lug the logs inside when you can do it in style. A handsome version of a log carrier in natural cowhide. Hefty handles riveted for extra strength if toting the maximum four medium size logs. $12.95 plus $1.50 post. Postamatic Co., HG1177, Lafayette Hill, PA 19444.



[illegible]

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[illegible]

Copper, brass and nickel silver are intertwined with an accent of antique black to form cuff bracelets that go with fashion outfits at every season and in every climate. Top, $5.95; lower, $6.95; both, $10.75. Ppd. Write to Schweitzer & Co., HG11, P.O. Box 4382-HGP, Burlingame, CA 94010.



[illegible]

Handcrafted virgin copper wastebasket, 14" H. Copper is antiqued, then jeweler's lacquer applied to protect surface. Three initials, with caduceus for physician or scales-of-justice for attorney. $25 ppd. Free catalogue. Gregory E. Hentzi, Dept. HG11, 59 Brown St., Waltham, MA 02154.



YANKEE CATALOGUE

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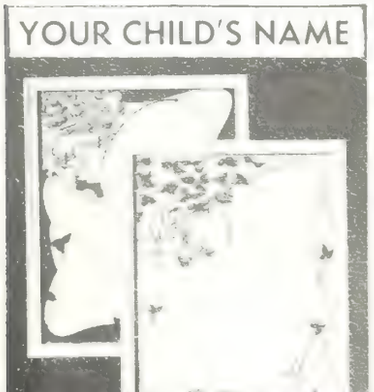
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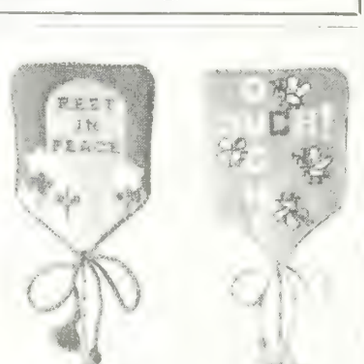
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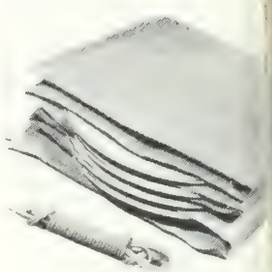
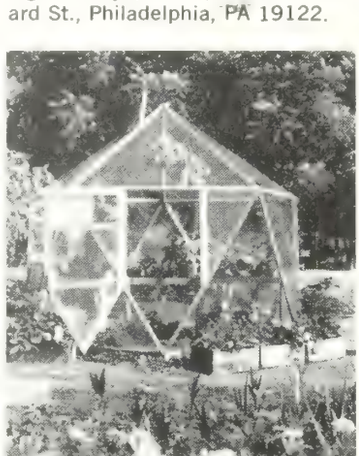


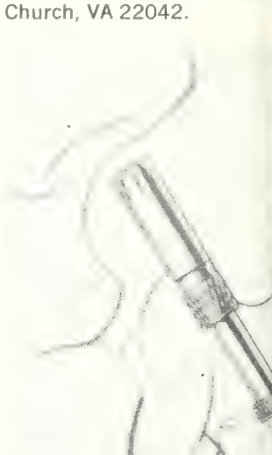
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Serve piping hot food on [illegible] plates to keep it warm thro[illegible] meal. Thermostatically co[illegible] electric warmer protects [illegible] damage. Heats 10 to 12 in [illegible] utes. 12" by 12". $19.9[illegible] $1.50 post. Sleepy Hollow [illegible] HG11, 6651 Arlington Blvd [illegible] Church, VA 22042.



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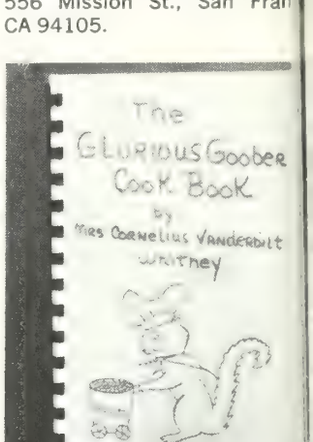
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Klipette is a neat little instr[illegible] of fine surgical steel to trim [illegible] in nostrils and ears. Insert i[illegible] tril or ear, twist knob, h[illegible] snipped off without dama[illegible] sensitive tissues. $3.49 plu[illegible] post. Anthony Enterprises, [illegible] 556 Mission St., San Fran[illegible] CA 94105.



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Needlepoint Designs from Amish Quilts

A HOUSE & GARDEN BOOK

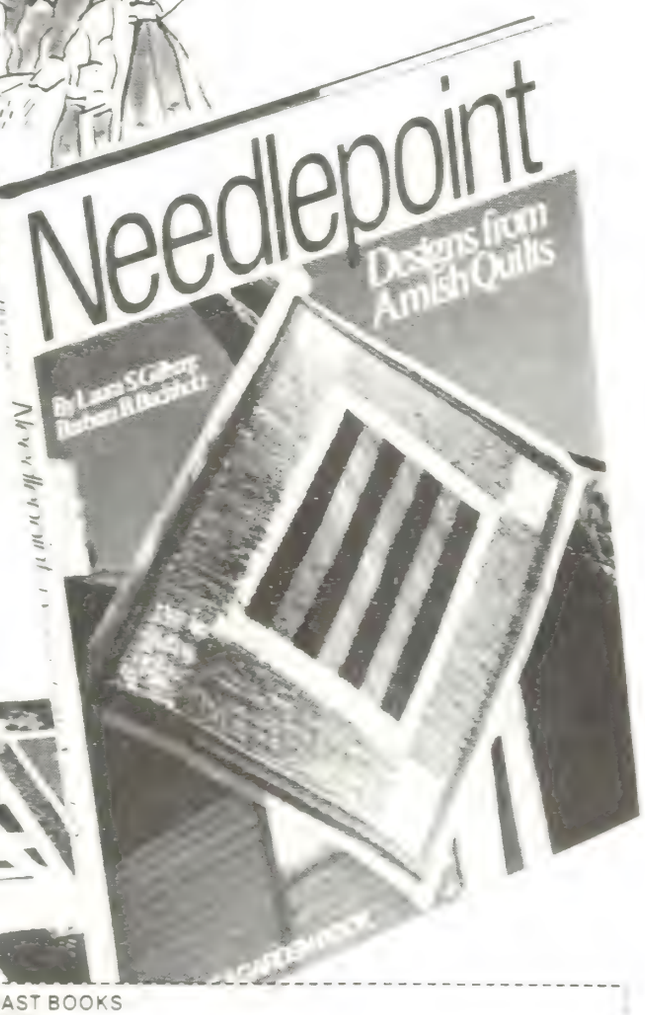


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Stitches, specified colors and yarns not only duplicate the pattern but also the texture of the actual quilt. Included are overall outlines for each example, a beginner-tested stitching graph, stitchery lessons, and complete instructions for making a variety of special projects including wall hangings, pillows, rugs.

A fascinating chapter on the Amish people by quilt connoisseur Jonathan Holstein, a forward by Joel Kopp, owner of America Hurrah Antiques, and 16 pages of full color photos—many taken in Amish country—make this warmly evocative 144 page book one you'll leaf through even when you're not making your own heirlooms in needlepoint. For your copy of NEEDLEPOINT DESIGNS FROM AMISH QUILTS just fill out coupon and mail today.





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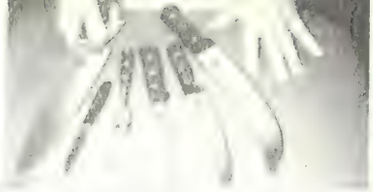
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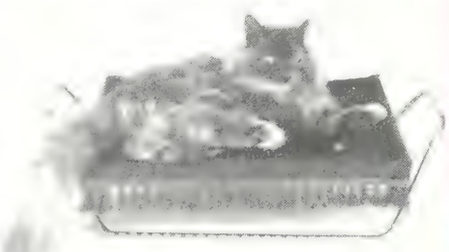


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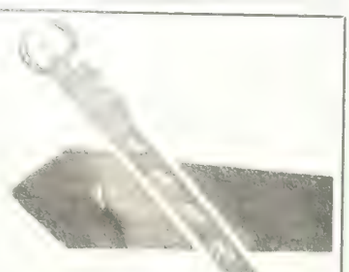


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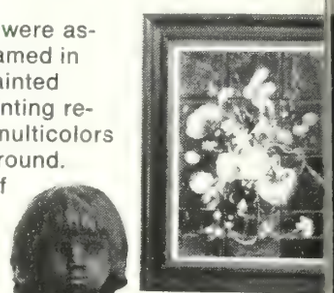


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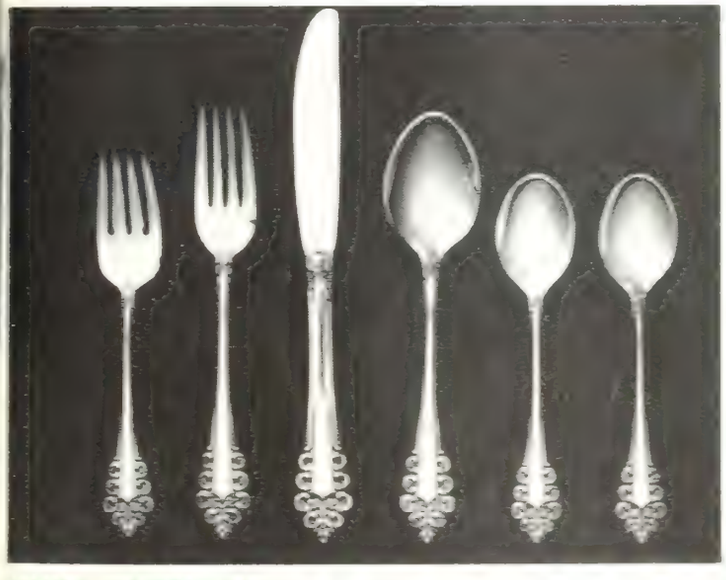


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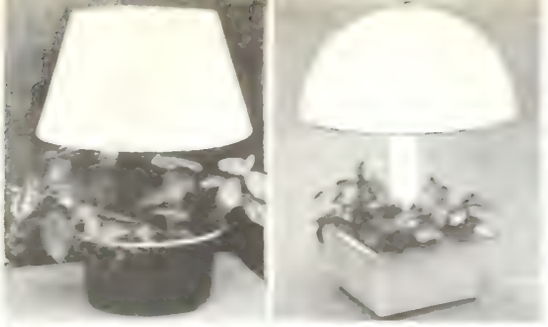
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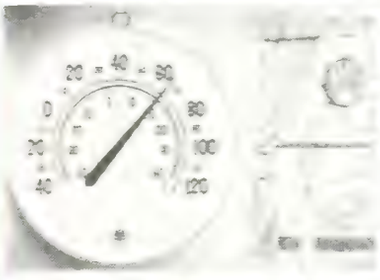
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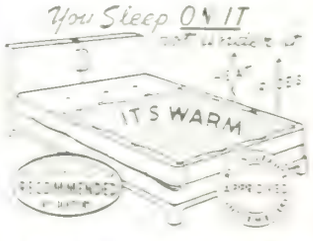
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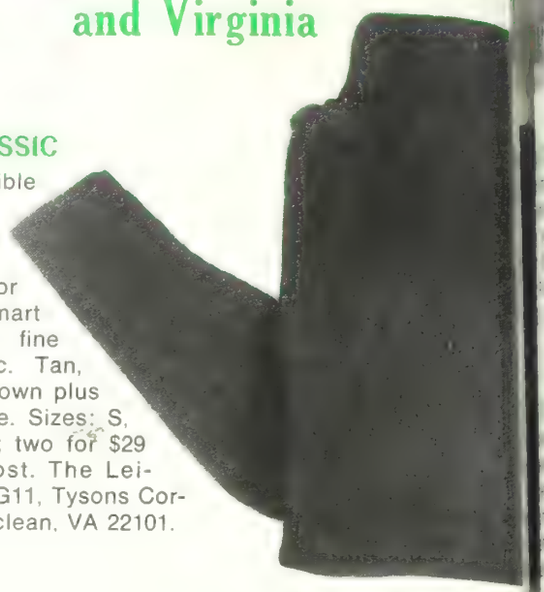
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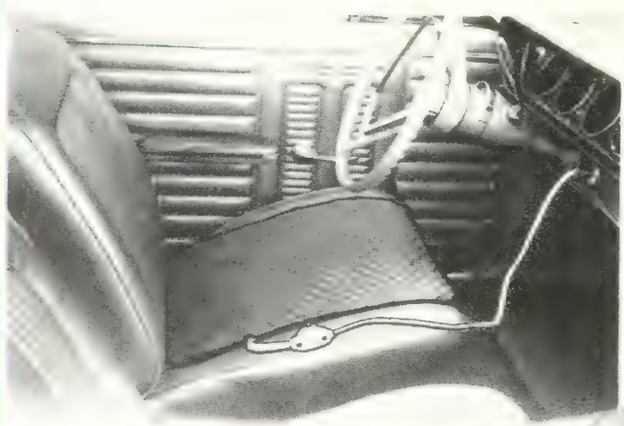
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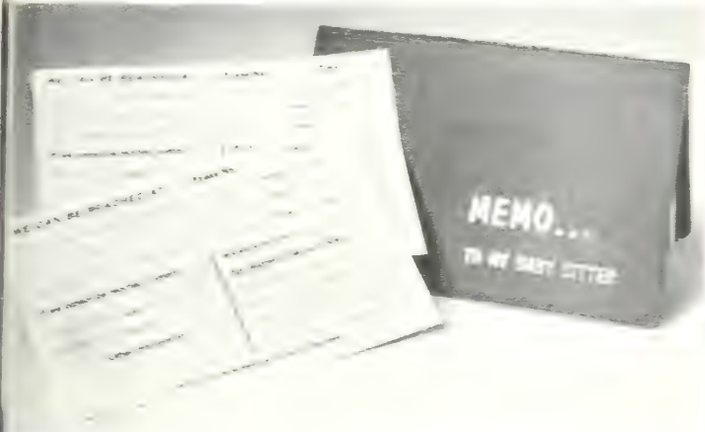
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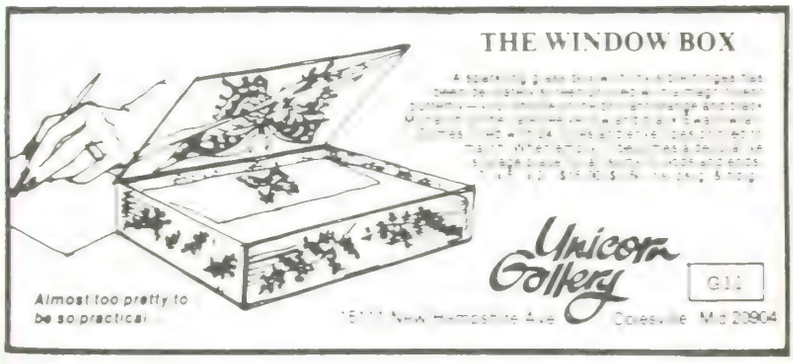
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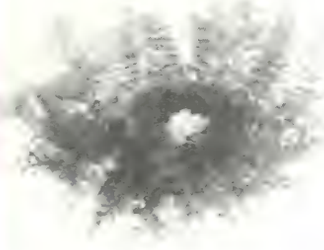
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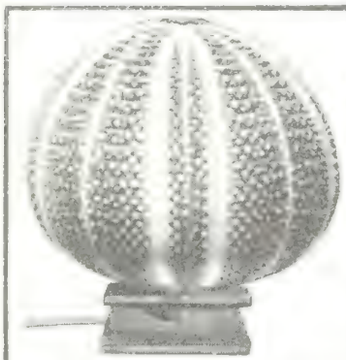




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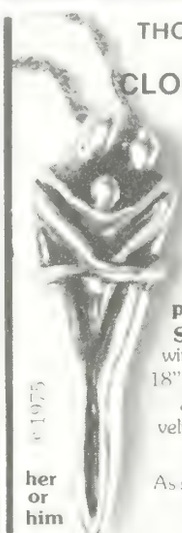


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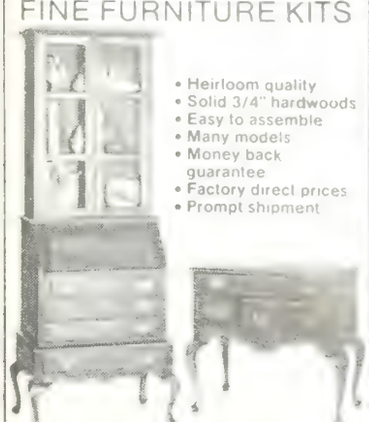
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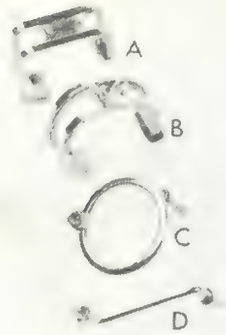


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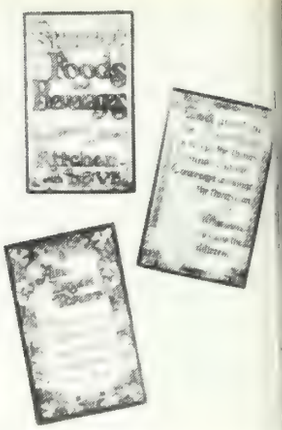
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Authentic hand-blown replica of Captain's Weather Glass actually predicts weather changes eight to twelve hours in advance. 11¾" h. Black metal mounting bracket and directions incl. $8.95 plus $1 post. Catalogue, 25¢. Huntleigh Galleries, HG10, 3612 Huntleigh Dr., Raleigh, NC 27604.



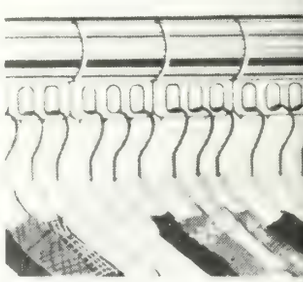
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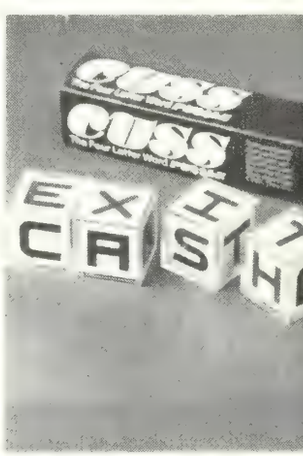
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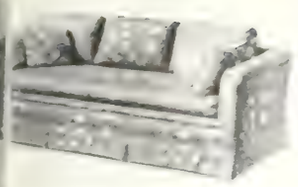
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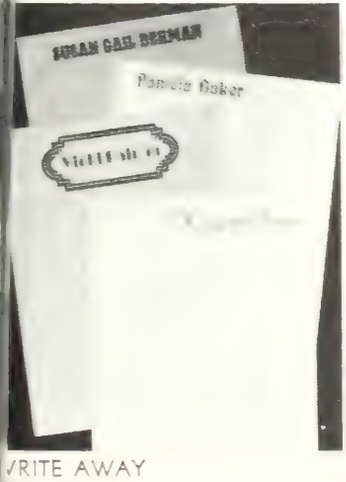
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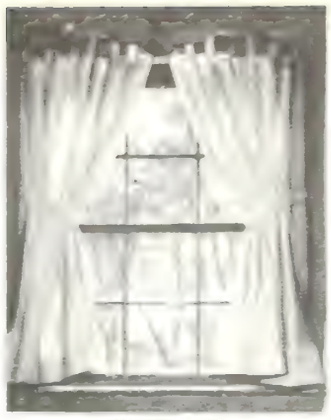
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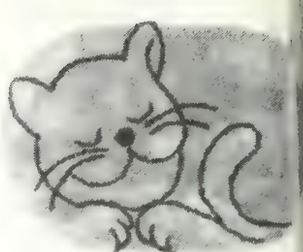
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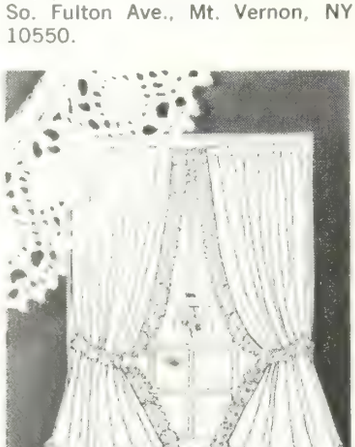
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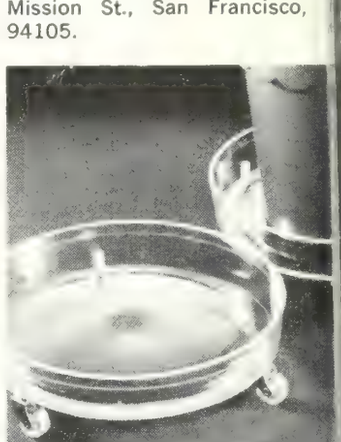
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Take a look into the future w[illegible] fortune-telling cards that frie[illegible] will find fun, too. Each card h[illegible] a different picture or sign for [illegible] swering questions on love, hap[illegible] ness, finance. $2.98 plus 40¢ po[illegible] Anthony Enterprises, HG11, 5[illegible] Mission St., San Francisco, [illegible] 94105.



A TOUCH OF IRISH LACE

Two-inch ruffles on natural or white cotton/polyester curtains look fresh as a spring day. 90" wide a pair. 45", 54", or 63" $16.50; 72", 81", 90", $19.50; 10" by 80" valance, $6.75. Add $2 post. per order. Write for free catalogue and swatches. Country Curtains, HG11, Stockbridge, MA 01262.



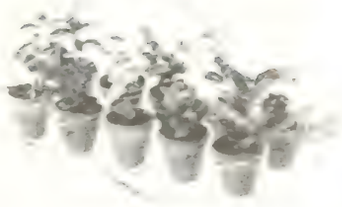
CASTERED TO MOVE

Clear plastic saucer for plants is o[illegible] three casters for mobility of larg[illegible] plants that need to follow the sun[illegible] Inside dia., 11½"; 2" deep t[illegible] catch and hold water, protect floo[illegible] We use them on the terrace, too[illegible] $6.98 plus 75¢ post. Lilly's Gar[illegible] den, GNE, 512 S. Fulton Ave., Mt[illegible] Vernon, NY 10550.

AINED GLASS" Set of 10
ISICAL ANGELS



CAL ANGELS
lucent jewel-toned plastic to in sunny windows, or on tmas tree. Each is 2½" tall ts own golden hanging cord. ch set are two each of five dif- t poses. $1.98 plus 25¢ post.; o sets $4 ppd. J. W. Meyer, HG11, 2905 Mary Lane, ewood, MN 55109.



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piece, double bottom. Navy, avocado, yellow, sand, natu- brown. 12"x9", $9.75 plus 35 post.; 12" by 14" $12.15 $1.45 post.; 18" by 14", .35 plus $1.55 post. (add 90¢ of Miss.) Catalogue free. Port vas Co., HG11, Dock Sq., Ken- unkport, ME 04046.

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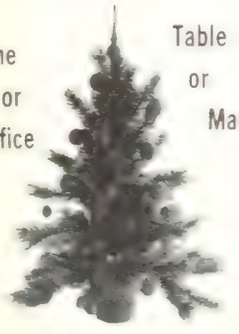
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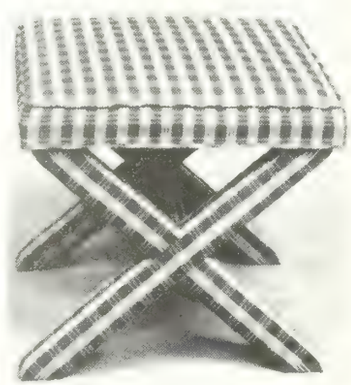
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Handsome hand-engraved rings. Choice of sterling silver, $90, 14K gold, $195. Ppd. Send coat-of-arms or have it researched. A splendid gift idea bound to become a prized keepsake. Free color catalogue. Order from Heraldica Imports, Inc., HG11, 21 W. 46th St., New York, NY 10036.



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Engraved stainless steel divo[illegible] and groove cleaner hangs fro[illegible] chain or golfbag. Fork's to li[illegible] level divots, clean cleats and [illegible] Five nubs scrape iron's gro[illegible] State two or three initials. [illegible] hangs on bag or key chain, $5 [illegible] Elgin Engraving Co., HG11, [illegible] Edwards Ave., Dundee, IL 60[illegible]



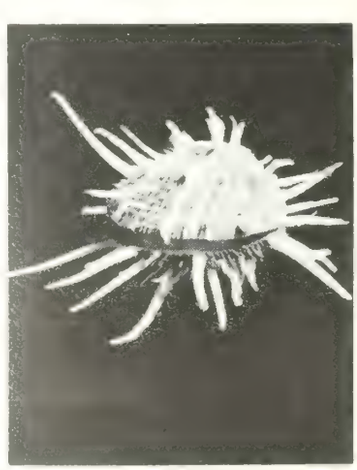
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A striking note for any room setting. "Exotic" seat completely upholstered. Cushion filled with soft urethane foam polyester fiber. 18"h. by 18"w. by 21"l. $87-$121 depending on fabric; your fabric (2 yds. 54") $76. Exp. coll. Catalogue $2. Hunt Galleries, HG7711, Box 2324, Hickory, NC 28601.



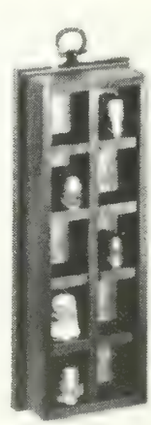
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Football jersey authentic to [illegible] last detail. Exposed label, [illegible] shoulders, strong cotton. Fron[illegible] or 2-digit contrast number on [illegible] or off-white. Unisex sizes S(34-[illegible] M(38-40), L(42-44), XL(46). $6 [illegible] two $13. Ppd. Pensic Corp., HG[illegible] Box 1448, 3141 Monroe A[illegible] Rochester, NY 14603.



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Wooden case with ten tiny cubb[illegible] holes hangs from an antiqued me[illegible] al hanger. 8" by 3" by 1⅜", it [illegible] ideal for a collection of small c[illegible] rios, thimbles, antique button[illegible] or shells. $4.75 plus 50¢ pos[illegible] Two, $9.50 ppd. Thrifty Gift [illegible] HG11, 516 Kinderkamack Rd[illegible] River Edge, NJ 07661.



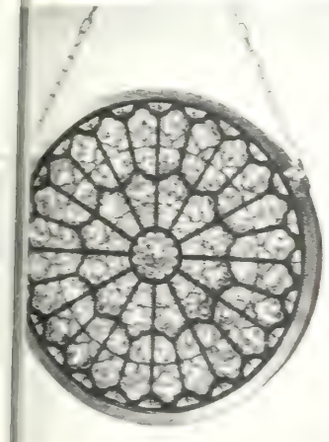
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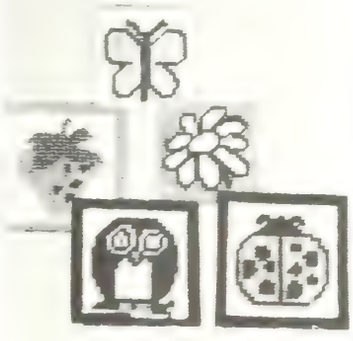
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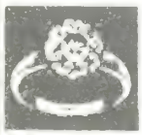
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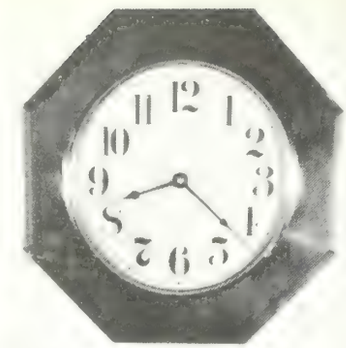
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Traditional set of tools s[illegible] proudly in your home, as a [illegible] Heavyweight iron base and ha[illegible] are handcrafted. Handsome h[illegible] keeps the poker, brush and s[illegible] neatly in place and easy to r[illegible] about. 29" high. $39 ppd (L[illegible] Richford House, Dept. HG11, [illegible] 40, Richford, VT 05476.



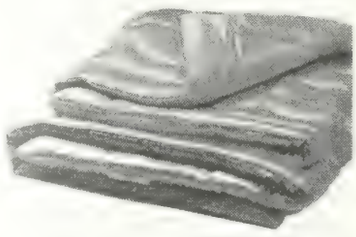
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Expert European craftsmen remake your worn down quilt. The down is cleaned, all the old fabrics are discarded and fine quality nylon downproof interlining is used exclusively. Send $1 for swatches and catalogue. Schachter's, Dept. GM-10, 115 Allen St., New York, NY 10002.



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Counter stool with vinyl upholster[illegible] swivels at a touch. Perfect fo[illegible] home bar or workbench, too. Viny[illegible] in black, red, dark or pastel green[illegible] yellow. Unfinished 24", $18.50 [illegible] 30", $18.95. Add $3 for walnut [illegible] pine or maple finish. Exp. coll[illegible] Marion Travis, HG11, Statesville [illegible] NC 28677.

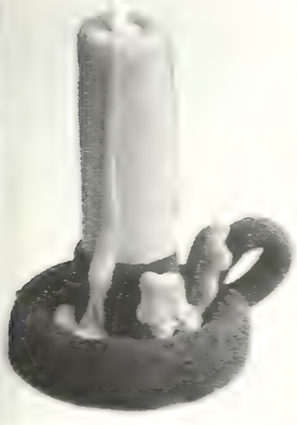


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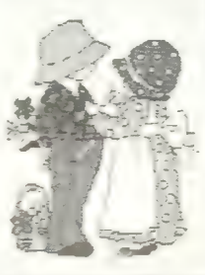
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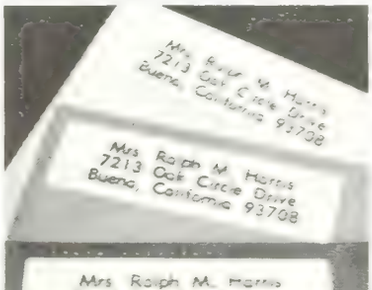
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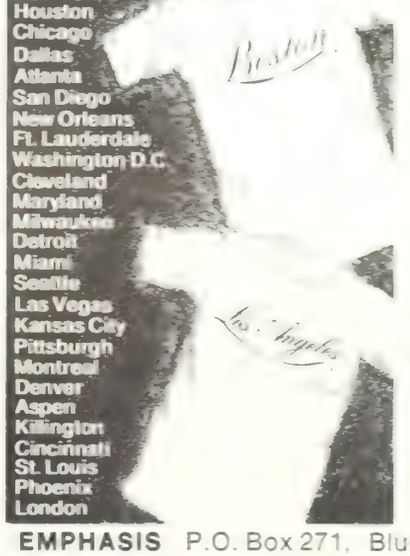


PRESS ON ADDRESS LABELS

Identify possessions, correspondence too. Black ink on white, blue, pink, yellow, silver or gold labels. 1¾" x ½". Any message up to 26 letters per line, up to 4 lines. 225 for $3; 450 (alike) for $5; 1,000 (alike) for $10; + postage of 35¢. Please specify color. Useful 80-P Gift Catalog, 50¢. Bruce Bolind, 211-P Bolind Bldg., Boulder, CO 80302.

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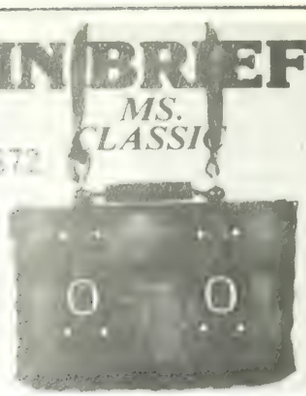
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We'll print your slogan up to 30 letters on a quality t-shirt or sweatshirt. All machine washable. Navy or powder blue. S-M-L-XL. Specify color and size. Add $2 extra for printing on both sides. 100% cotton.

T-shirt $4.99
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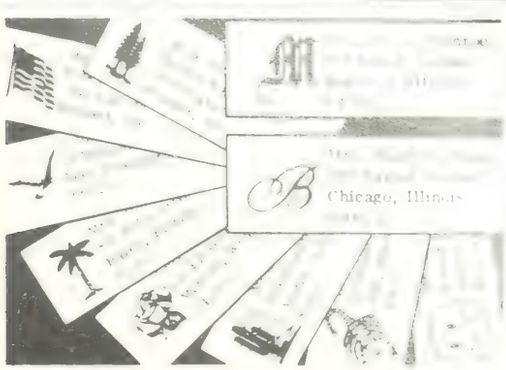
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Any initial in Old English or Script, Pine, U.S. Flag, Gull, Palm, Rose, Saguaro, Any Zodiac Sign, Happy Face or Horse, Roadrunner, Palette, Spruce, Treble Clef. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Standard size 1⅛" x 1½" for $2.50 or Deluxe size 1¾" x ⅝" for $3.50 + 35¢ post. via 1st or 25¢ via 3rd class. Specify design, size and color. Useful 80-P. Gift Catalog, 50¢. Bruce Bolind, 211-L Bolind Bldg., Boulder, CO 80302. Since 1956, thanks to you!)

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Colorado



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Fashioned after an Old West doctor's bag, perfect for overnight or flight bag, camera, carry-all. Hand-rubbed all leather, brass fittings. 16″ by 8½″ by 6¾″. $98, three initials $5, post. $2.75. Chisolm Classics, HG7711, Box 729, Boulder, CO 80306.

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Sew-it-yourself saving. Kit with pre-cut cloth parts, thread, easy instructions. Sewing machine needed. Choose nylon taffeta or denim blue chambray. Insulators: Northern Goose down $22.95; DuPont Hollofil™ $18.95. Men's XS, S, M, L, XL. Women's S, M, L, XL. Navy, kelly, denim or rust. Washable. $2 post. Free catalogue, 100 kits, insulated clothing, camping equipment. Frostline Kits, HG117, Frostline Circle, Denver, CO 80241.

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Economy Labels (boxed) $1.00



250 GOLD FOIL LABELS **$1.98**

Gleaming gold foil labels stick to any clean, dry surface – need no moistening. Rich black printing, classic border. **Order P6128 Set of 250 Gold Foil Labels (boxed) $1.98**



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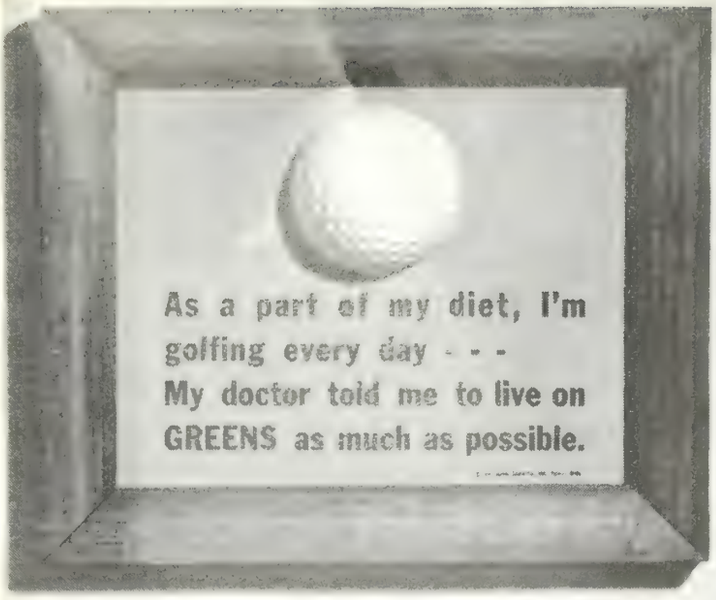


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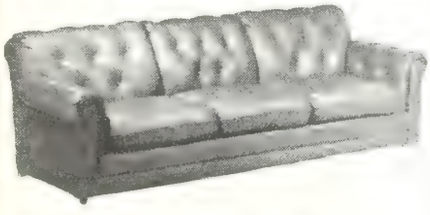
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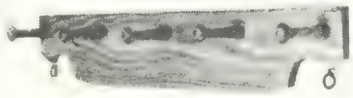
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Practical vinyl place mats for an attractive table. Two styles: Art Deco, laminated, high sheen; Vegetable, sheen finish. 17" by 12". A cinch to clean with damp cloth. Each $1 plus 25¢ post.; six $5 plus 50¢; dozen $10 plus $1. La Belle Maison, HG11, Box 8888, New York, NY 10001.



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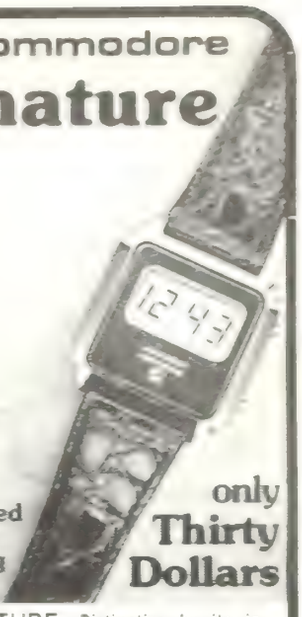
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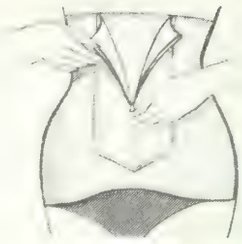
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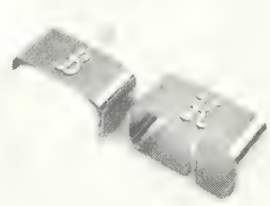
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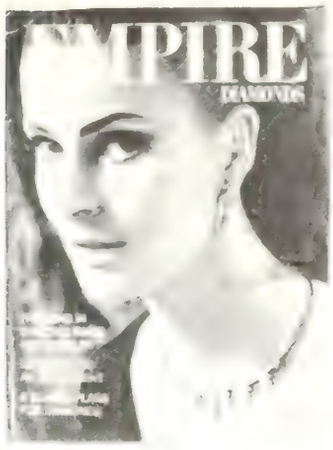
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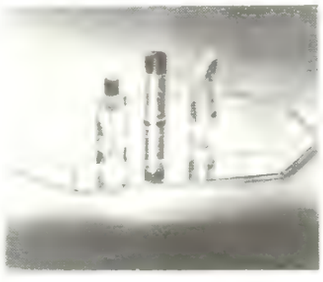


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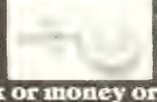
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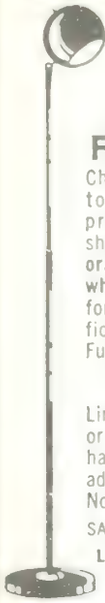


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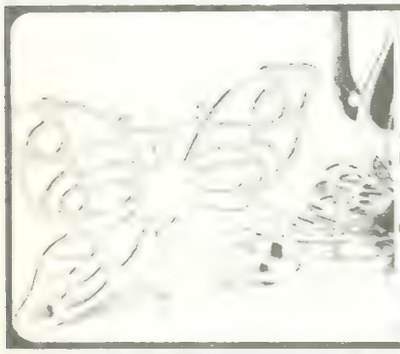
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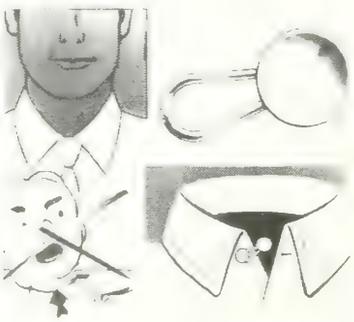
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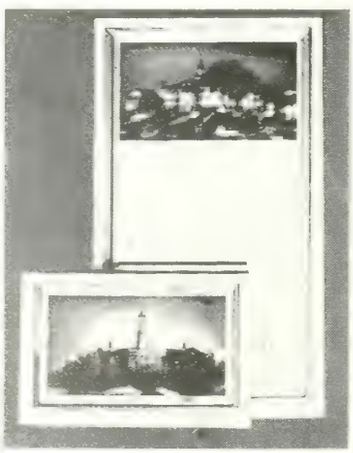
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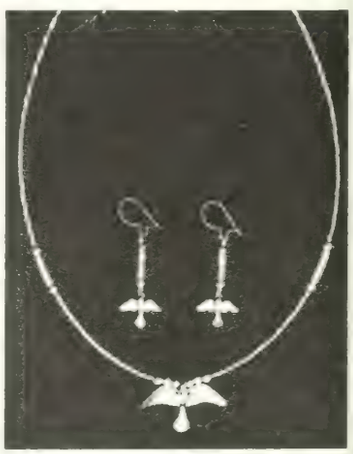
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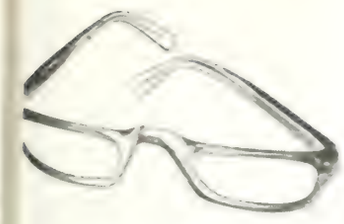
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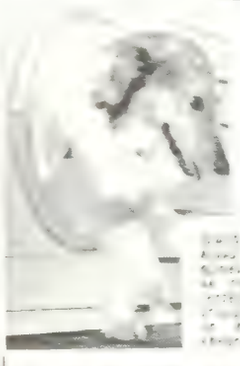
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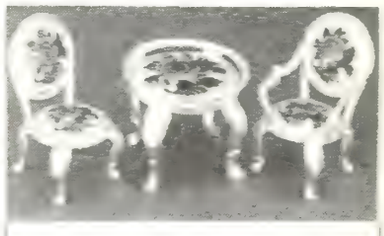
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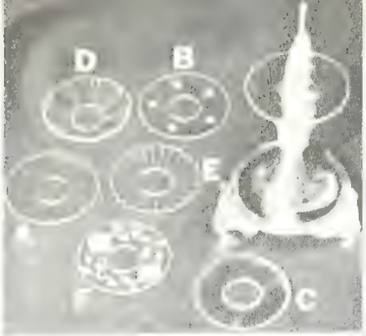
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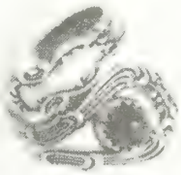
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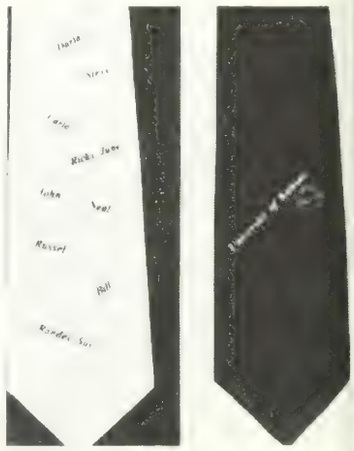
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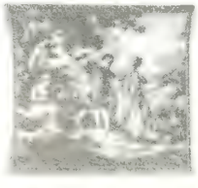
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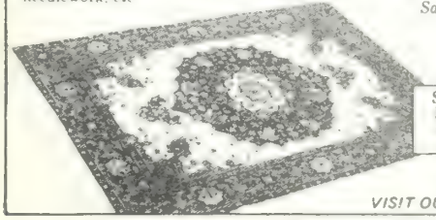
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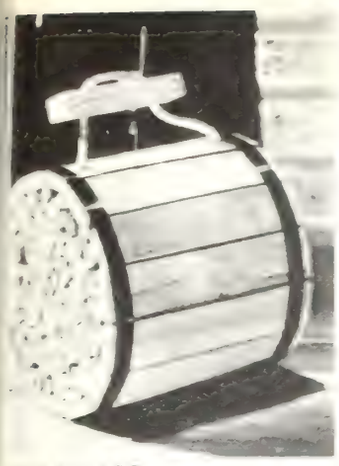




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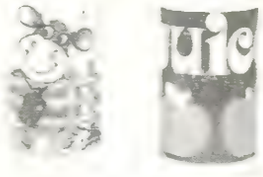


USTOM CANOPY

Hand-tied fishnet canopy. Double thread, preshrunk, white or cream, four traditional patterns. Standard 87½" by 56½" tester $125; give exact size for queen $150 or king $190. Fringed cream spread, 94" or 82" w. $96. Ppd. Brochure 25¢. Virginia Goodwin, HG11, Dilworth Sta., Charlotte, NC 28203.



Crew-neck sweater by Robert Scott. Blue, green, beige, grey, heathers: shamrock, tartan green, grass, pink, red, raspberry, sherbet, persimmon, bluebell, orange, cream, brown, navy, camel, yellow. 34-40. $23; monogram (print) $5. Add $2 post. The Talbots, Dept. SS, Hingham, MA 02043.



KEEP IT FRESH
SERVE IN STYLE

With these imported Italian glass milk and juice bottles. Air-tight cap seals freshness in. Assorted decorator designs compliment any kitchen decor. One qt. capacity.

Milk or Juice $6.95 ea. plus $1.00 postage and handling
Any Two for $12.95 plus $1.50 **postage and handling**

Sunshine House Gifts
Dept. HG, P.O. Box 5566
Ft. Lauderdale, Fla. 33310

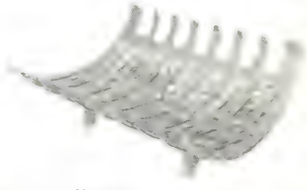
FIREPLACE SET



[illegible] be proud to own a gift to [illegible]

Heavy hand crafted iron base and handles — Includes poker, brush, shovel and tongs **$47.00**

For The Hearth Of Your Home.



Assure effective use of your fireplace with an adjustable grate featuring a self-feeding cradle design. Front fingers prevent log roll-out. Heat-resistant cast iron, 23"w. by 12"d. $22; 30"w. by 12"d. $30.

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A WARDROBE NECESSITY



A softly draped Proportioned skirt, [illegible] mid-knee length, of 100% polyester crepe-textured double-knit with elasticized waist and back zipper. Wonderfully washable. **Colors:** Black, White, Gray, Tan, Lt. Beige, Brown, Navy, Med. Blue, Emerald and Geranium Coral. Sizes [illegible]

$14
Plus $1.50 Post.

To Order: State color, size, height, waist measurement, hip measurement and length (measure center back from bottom of waistband to hem bottom).

Enclose check or money order

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PET ODORS AND STAINS
Removed Forever!



Completely remove pet odor and stain from carpets, drapes, upholstery. **For all pet accidents!** Two 8 oz. spray bottles per kit (16 ozs. total). Specify 'A' Kit (stains); 'B' Kit (odor); or 'A & B' combo Kit. **Must work to your complete satisfaction or money back! $6.50 ea. Kit + $1 post. 2/$12.99 ppd.**

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Famous HOME STUDY course [illegible] prepared and conducted by eminent N.Y. designers. Lessons cover Textiles, Furnishings, Room Arrangement; **Color Harmony; Period and Modern Furniture; Antiques; Rugs and Floor Coverings; Wall Treatments; Wall Papers; Draperies; Lighting; Pottery; Porcelain; Glass; Accessories.** Details on how to set up your own business. Illustrated lessons, complete with samples of fabrics, colors, etc. Certificate awarded.

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[illegible] and hand [illegible] [illegible] Queen Anne [illegible] [illegible] [illegible] Custom to comfort [illegible] Finished in Walnut, Mahogany or Fruitwood.

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Price: Your fabric $239.95
Our fabric $329.95
Shipping charges extra. No C.O.D.
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Dept. HG-173
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"BAH—HUMBUG"

What would Christmas be without the traditional story, **A CHRISTMAS CAROL**, by Charles Dickens? Now you can enjoy the characters from this wonderful tale for years to come with these magnificent wooden handpainted Christmas tree ornaments-colorfully and masterfully detailed.

Approx. 4" high; set of 8 figures (not incl. base) $31.00 ppd.

The Wooden Soldier
decorations + toys.
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Now . . . with removable covers you can wash!

Kitty Purr-ch

Your cat's window seat on the world!

Fits on any window sill . . provides a sturdy, 20" x 12" shag-carpeted platform where your cat can doze in the sun, or sit for hours watching the world outside. Installs in a jiffy (no tools needed) on most windows. Can be moved easily from room to room. Choose Gold, Sea Green, or Royal Blue shag cover, and order today on a 15-Day Trial with all your money back — **guaranteed** — if your cat doesn't fall in love with it (and with you for getting it)! Send only $13.95 (plus $1 ea. for shipping & handling) to KITTY PURR-CH, 5958 N. 83rd St., Dept. H3, Scottsdale, Arizona 85252.



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Clear crystal candle holder can also hold flower arrangements, shells, Christmas decorations. 12½" h., base/cup 5" dia., 5" d. $14.95. Candles (50 hours) red/pot pourri scent or green/pine, each $4. Ppd. The Cane Patch, HG11, 2205 Kings Hwy. No., Box 1382, Myrtle Beach, SC 29577.



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Natural air cooling. Adaptair ... justs angle of blades (on ... only). 2 speeds. 5 yr. guaran... 36" fan with wood blades, $1... 52" fan with adaptair lever $2... without, $239. Light Adapter ... $16. Send 25¢ for brochure. ... Ceiling Fan Gallery, HG11, Ind... Neck Lane, Peconic, NY 11958.

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22" by 34" **$4.95** ppd.

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with 8 napkins $23.50 ppd.
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Wooddrifts
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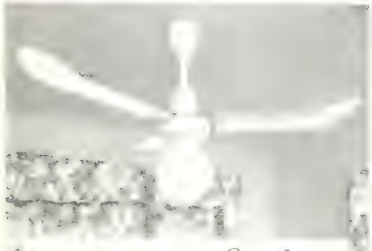
FOOT PAMPERER

Treatment for tender, bent toes is a self orthopedic pad that rests underneath, held securely with elastic over toe. Alleviates pain, toe tip corns. Washable. Specify shoe size. Pair, $5.98, plus 40¢ postage. Write to Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



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Decorative wall plaques in woo... tone polyurethane are reproduce... from original carvings in walnu... Ready to hang, no framing; 9" ... 11". Great as group. Owl (shown... also fish, deer and turkey. Eac... $12.99 ppd. Brochure 50¢. Wooc... tone Products, HG11, 3417 Har... ford Dr., Chattanooga, TN 3741...



Cool it with **Carib**

Cool Down in Summer

Warm up in Winter

5 speeds—110 to 330 RPM's
maximum 12,000 CFM
Consumes Only 75 Watts
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Ordering Information

48" Fan—Specify white, copper, ... on $119.95
Optional Light Adapter Kit with Globe 14.95
Accessory Wood Blades: White or Brown 24.95

Prices include shipping charges
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Coral Springs, Florida 33065
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Fla. Residents add 4% ... Tax

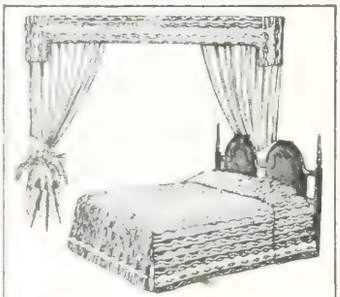


Enjoy new comfort with your back, shoulders and head gently raised and cushioned on this light, buoyant Foam Slant. Provides an even, gradual slope for more restful, healthful sleep. Better than extra pillows. Head elevation comforts diaphram hernia, hypertension, acid regurgitation, breathing, bronchial and heart ailments. Leg elevation eases varicose, circulatory and swelling leg discomforts. 27" long. White washable zipper cover. Order 4" high for 2-pillow users $15.00; 7½" high for 3-pillow users $17.00; 10" at $20.00; or 12½" high at $23.00. Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax.

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That's what you get when we quilt and design your fabric to your bed's dimensions. Beautifully tailored from your fabric and superbly constructed. All qualities you need for the ultimate in decorating. Let us match or contrast pillows, valances, drapes and headboards from your fabric. Write today for Color Brochure for only $1.00. We've been experts in custom spreads for over 25 years



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"Beautiful Black & White Photo of your baby or pet on a 11 by 11 inch soft soil resistant pillow. Send black & white or color photo (No negatives or slides). Photo is returned with pillow.

Just in time for Christmas giving. Allow 2 weeks for delivery of your foam filled scotch guarded vinyl pillow. $10.95 plus $1.30 postage."

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OSTALGIC NIGHTSHIRT

…anz comes up with a sleep style …miniscent of Grandfather's old …vorite. Very now, however, in yel…w/white/green stripe pattern. …ozy cotton flannel, P, S. M. L (for …zes 5/6 to 13/14). A nifty fash…n gift. $14 plus $2 post. Free …olor catalogue. The Talbots, Dept. …T, Hingham, MA 02043.

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…tops. Smooth finish ready for stain or natural finish. Instructions enclosed.

A) Occasional Table
minimum order two
skid (s) or without skid (ws)
17"x17"x16"H (s) 55.00
23"x23"x18"H (ws) 57.00
60.00

B) Console Table
$135.00
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Stain finishes available at extra cost

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GIVE HER CHRISTMAS IN JANUARY!

Prolong that de…



…lovely cherry … be shipped in January. It is a treasure to hold collections you treasure on glass … lighted interior. Glass sides and panes have cherry mullions, and the doors lock. Big enough for … grooved shelves. Back … veneer; the rest solid cherry. Lowboy has 4 drawers with antiqued brasses. The brown cherry finish is distressed, and reddish brown finish has no distressing. W 31 D 17 H 72 inches. $585.00, ship. chgs. extra. No C.O.D. (We will send you a pretty Christmas card to put under the tree with a picture of the curio, when you order.)

Send $1.00 for catalog of … …

… … …

Ephraim Marsh

CHAIR CANING KITS

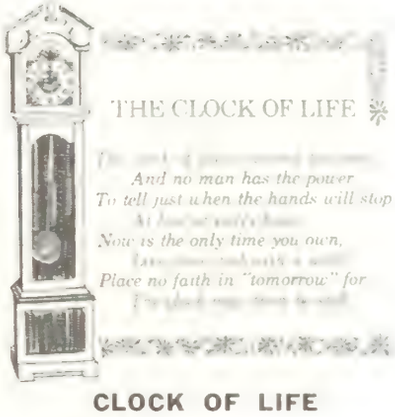


…antique and heirloom chairs easily and inexpensively with a Newell Caning Kit; tools, natural cane, and easy-to-follow instructions, all postpaid for only $4.00; extra cane $2.00 per chairlot. (Illinois resi…



Available only from
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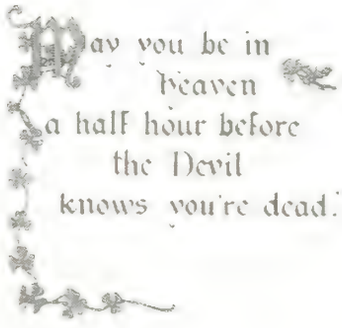
CERAMIC TILES



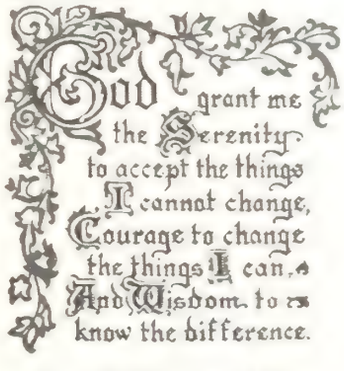
CLOCK OF LIFE



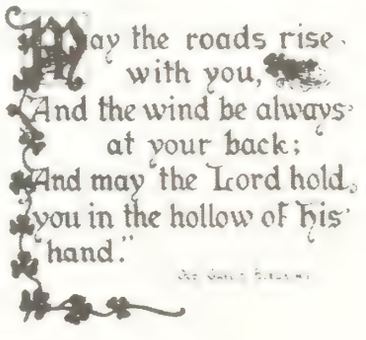
IRISH TIPPLER



IRISH TOAST



SERENITY PRAYER



GAELIC ROAD

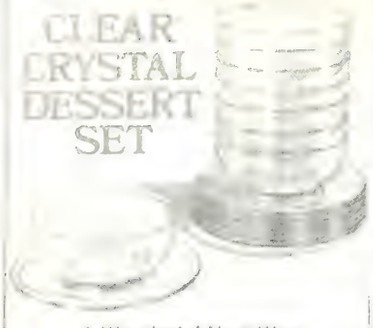


WISE OWL

Colorful Ceramic Tiles used as wall plaques or trivets. Cork base with hanger, 6" x 6".

$4.98 Each + 75¢ Mailing Each. Add 6% Sales Tax in California

Anthony Enterprises **Dept. HG-117 556 Mission, San Francisco, Calif. 94150**



A Wonderful New Way To Serve Desserts

[illegible] so colorful why hide their beauty? Serve fresh fruit, compotes, even vegetables or salads in these exquisitely clear crystal dishes. Use them daily for cereals, soups, puddings, ice cream, etc. Use them proudly at company time with your finest dinnerware. Set includes 8 bowls (4¾" diam.), 8 saucers (6⅛"), Only $9.98 plus 50¢ pp.

Prompt Delivery. Money back guarantee. New! 104 Page Gift/Gourmet Catalog, 25¢

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Valley Stream, N.Y. 11582



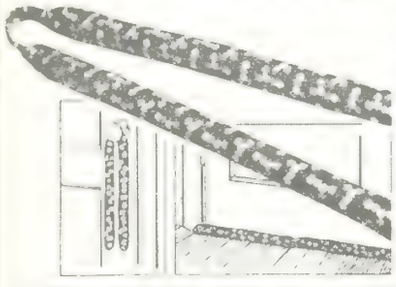
Enjoy your trip with money and gems safe . . . in this water thin dacron purse that snaps to bra or slip straps. No bulge, so no one knows it's there. Plastic lined, 3 x 4". White, black or pink. (3.25 ea. ppd. 2 for $5.95



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Helps cure cracked calloused heels. Apply emollient to sore area, tie on Heals-Heels, sleep securely. Glove-like fit; plastic interlining protects linens. Embossed pink cotton, white flannel lining. Washable. Or use **L-BOW HEALER** for sore elbows. $4.75 ppd.

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FINE GRANDFATHER CLOCK KITS
STARTING UNDER
$200
(including West German movement)



- Heirloom quality
- Solid ¾" hardwoods, black walnut, cherry, mahogany, oak
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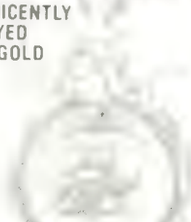
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WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
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MAGNIFICENTLY DISPLAYED IN 24K GOLD PLATE



ONLY **$9.95**

The U.S. Mint has now stopped all production of Bicentennial 1976 Commemorative Coins. This may be your last chance to own one. Magnificently displayed in a bezel frame with matching rope chain, all in 24K gold plate, this historical pendant is destined to become a collectors item.

Order now—supply limited. Money back if not delighted. 1 pendant—**$9.95** plus $1.00 p.p., 2 pendants—**$18.00** plus $2.00 p.p., save $1.90. 3 pendants—**$27.00** plus $2.50 p.p., save $3.35. Send check or money order to: **NOVEL NUMISMATICS GUILD, INC.** HG-400 31 Second Ave., New York, N.Y. 10003.

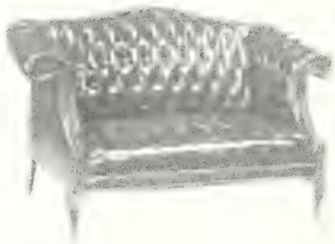


"SOARING SEAGULL" PHOTO PLAQUE

Majestic in a brilliant blue sky. Give him a spot on that special wall in your home or office. This striking full-color lithograph is laminated for permanent beauty on a 10" X 12" plaque and mounted in a rich walnut finish. Complete, ready to hang. Price $16.95 (plus $1.50 shipping) each. Check or Money Order

[illegible] 29 • Halesite [illegible]

SHOPPING AROUND



TRADITIONAL BEAUTY

Loveseat with carved shell front legs is upholstered in premium top grain leather in any of 50 colors. Back and seat are hand tufted with solid brass nail head trim. As shown, $734.50. (Ship. chgs. extra.) Brochure, $1. Carolina Leather House, Inc., HG29, Box 5023, Hickory, NC 28601.



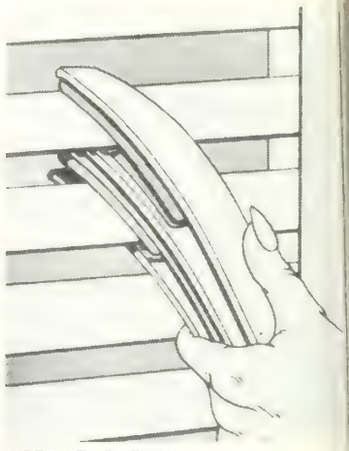
GET IT TOGETHER

For the jigsaw puzzle fan! A photo, color or black and whit can be made into an 8" by 1(die-cut jigsaw photopuzzle; yo photo is returned unharmed. Blac and white or colored, $3.95; plu 50¢ post. Write to Cadlyn's, HG1 10250 N. 19th Ave., Phoenix, A 85021.



FOR THE WINE

Towle coaster crafted of heavy silverplate holds bottle with an elegant flair. Has handsome side piercing, removable cork liner. Diameter is 4½". An appropriate holiday gift for any party-giver on your list. $9.95 ppd. 1690 House, HGE-11, 268 Merrimac St., Newburyport, MA 01950.



KEEP IT CLEAN

Keep your Venetian blinds free of dirt with this efficient little tool. Double-duty design does two slats at a time on both sides. Dip in suds and foam pads do the cleaning with one wipe. $2.29 plus 40¢ postage. Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



STUFF A STOCKING WITH COAL

Put a lump of coal in a naughty or nice friend's or relative's stocking this Christmas. The "Christmas Diamond" comes in an attractive box, with a greeting card-poem about the tradition of coal at Christmas, and a genuine piece of anthracite coal.

$4.98 ppd.

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Huntington, NY 11743

Winter's Coming! You Need the Radial Chain.™

The New Champion Radial Chain™ is designed for today's radial tires.

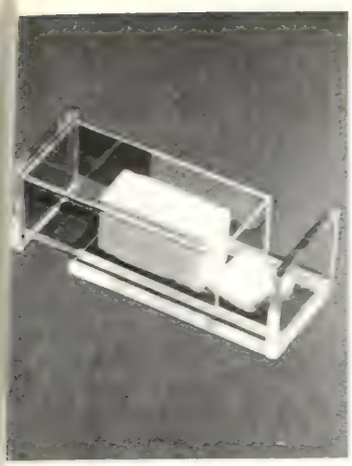
Installs fast & easy, allows higher dry pavement speeds. Smooth, quiet and super strong. The Radial Chain™ is superior by design. The Radial Chain.™ The tested new approach to the old problem of winter driving. California approved

10", 12", 13" — 34.95 14", 15", 16" — 39.95
Postage included VISA MASTER CHARGE/CHECK

To order: Send Name, Address, Zip, Car Make, Year, Model, Tire Size & Make, Snow or Reg (like Chevy 75 Nova, Goodyear G78-15 Snow Tire)

CHAMPION CABLE CHAIN, INC.
400 Fourth St., Swanton, Vt. 05488





BETTER FOR BUTTER

Crystal-clear Lucite server locks in flavor, looks elegant. Slides open to expose just what's needed, closes tightly. A glance shows how much is left. 5⅝" by 2⅝" by 2¼" high, fits all quarter pound sticks. $6.98 plus 60¢ post. Country Gourmet, Dept. GNE, 512 S. Fulton Ave., Mt. Vernon, NY 10550.



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The dragon from the Welsh flag is interpreted in three-dimensional sterling silver pendant to hang from a 24" sterling chain. The sculptural details are beautifully executed. 2" by 1½". Handsome with winter wools. $24 ppd. Beth Braxton Specialties, HG11, Box 245, Kingston, NJ 08528.



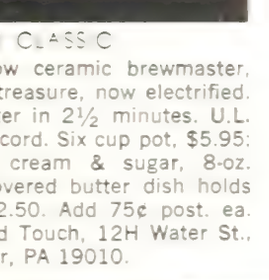
POPULAR CLASSIC

Blue willow ceramic brewmaster, always a treasure, now electrified. Heats water in 2½ minutes. U.L. approved cord. Six cup pot, $5.95; matching cream & sugar, 8-oz. $2.95. Covered butter dish holds ¼ lb., $2.50. Add 75¢ post. ea. The Added Touch, 12H Water St., Bryn Mawr, PA 19010.



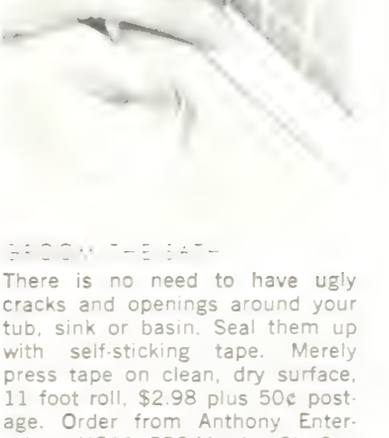
BROOM THE GAPS

There is no need to have ugly cracks and openings around your tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface, 11 foot roll, $2.98 plus 50¢ postage. Order from Anthony Enterprises, HG11, 556 Mission St., San Francisco, CA 94105.



Stylish, yet functional pharmacy floor lamp. Adjusts in height from 38" to 48". Available in either shiny chrome or brass finishes. Please state preference. $39.00 plus $3.00 postage, insurance and handling.

Now and Then
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The Elegance of Satin... the Ease of Nylon

Twin Set 28.75
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BBB

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SOLID BRASS BOOKMARKS

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$4.00 each.

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four-leaf clover instead of a coin

less steel guaranteed forever. Any

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Zips to handle base with ad-

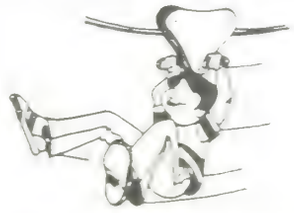
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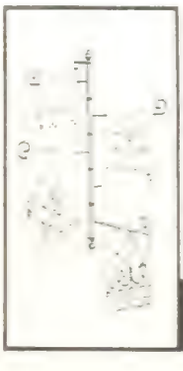
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NOW! Tee-PJ's available in long sleeves with knit wristlets

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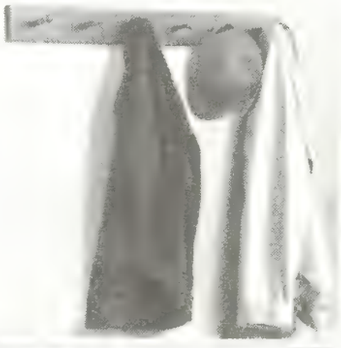
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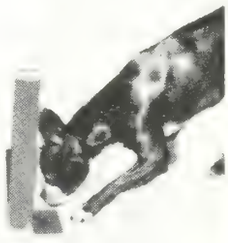
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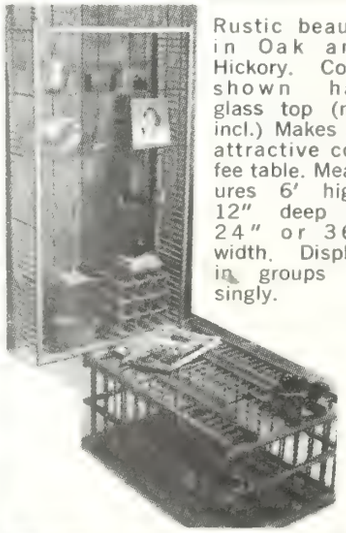
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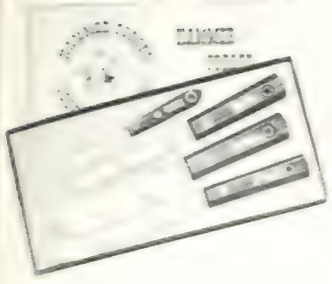
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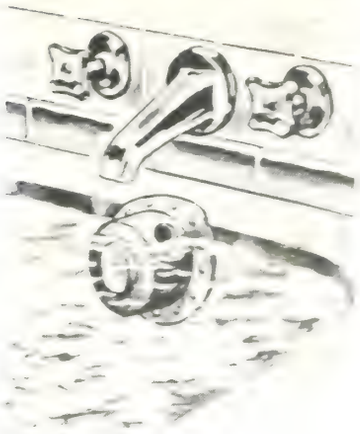
Before making a decision learn how to save money and have the security you need to protect your life and property. Burglars know, security experts know, and now you will know! Don't make an expensive mistake. Security experts have compiled their knowledge of locks, security devices, fire and smoke alarms, civilian patrols and much more in this new book "**PLANNING YOUR HOME SECURITY.**" Your family and home are too valuable to jeopardize. Invest just $2.50 in this book and have peace of mind.

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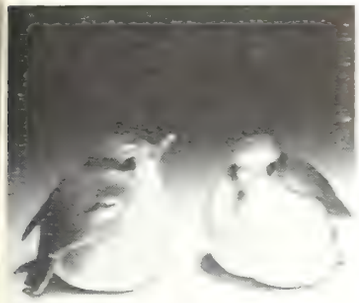


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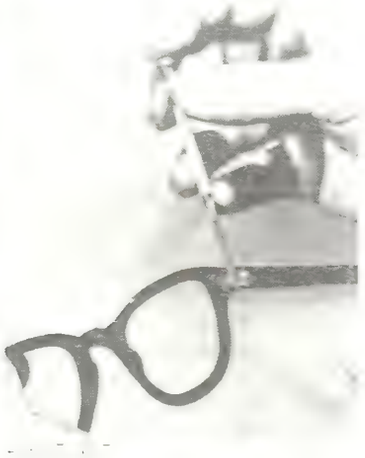


Do you wish for a deeper tub? Someone else did too and invented this little device. "Soakers Delight." It covers and controls overflow valve on tub; adjustable. Rotate the cap for up to 3" more water in tub. $4.99 ppd. Better Sleep, Inc., HG11, New Providence, NJ 07974.



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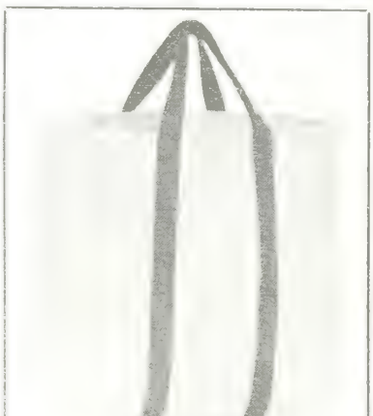
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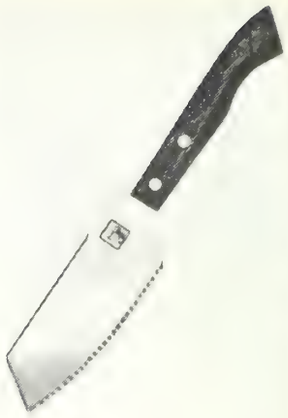
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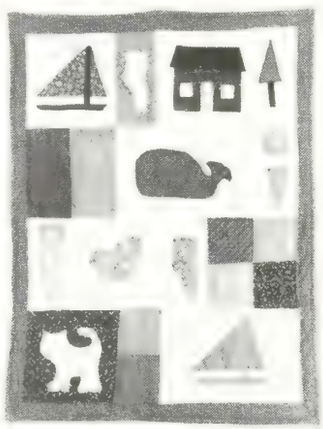
BLOCK AND RIGHT

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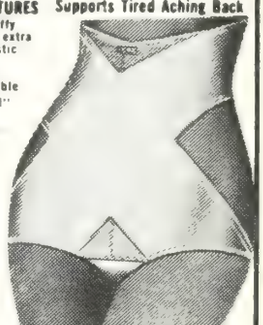
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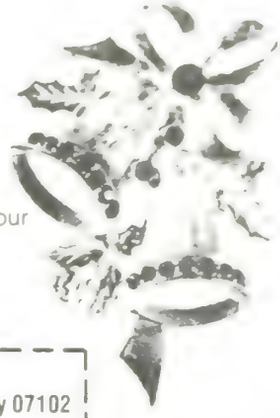
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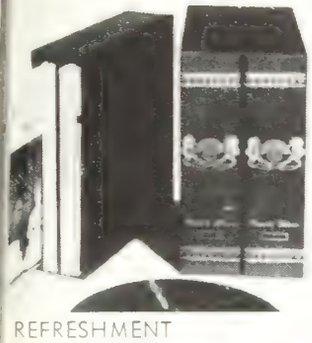
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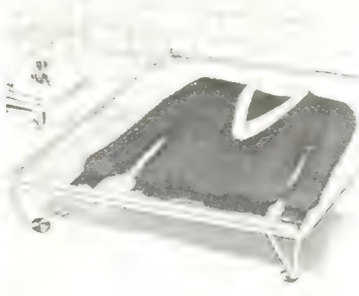
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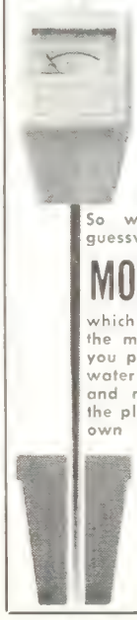
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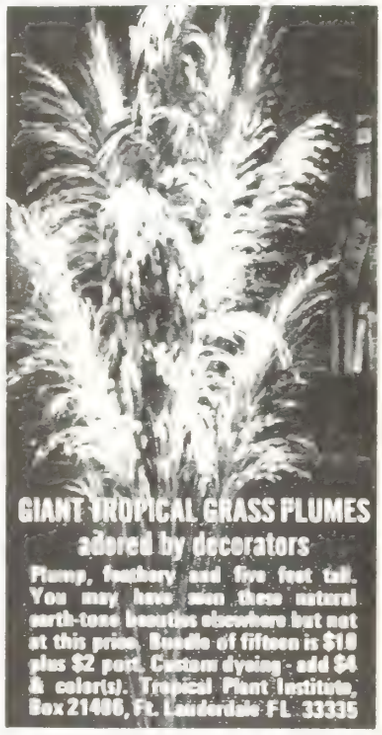
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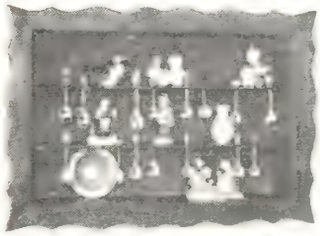
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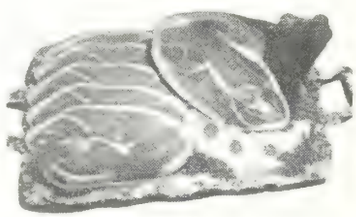
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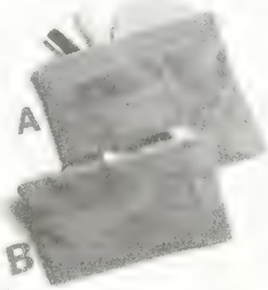
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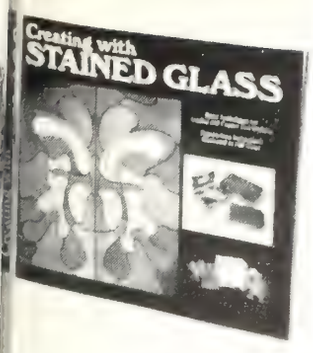
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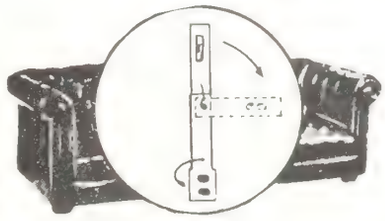
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Vanda is a Haupt favorite

■ GARDENER'S NOTES

TIPS ABOUT ORCHIDS

From two orchid enthusiasts, Enid Haupt and C. Z. Gue

BY JAMES FANNING



The art of growing orchids

All cultivated plants were wild things once. Gardeners have always known that to grow a plant successfully it was necessary to duplicate its natural habitat as closely as possible. Orchids are no exception to the rule. The spectacularly flowered types we grow in our homes or greenhouses come originally from the tropics, where they cling to tree branches and take their nourishment from the air and falling rain. They are epiphytic—that is, they cling to tree bark but do not take food from the tree itself, as do parasitic plants like mistletoe. This gives us the key to successful orchid growing. The best growing medium for orchids is chopped tree bark. It does not have to be the same kind of bark that the plant grew on at home—fir bark and fern roots (osmunda) are the time-tested rooting materials for orchids. In their native tropics, orchid plants get regular drenchings from rain. The water runs off quickly, though, and the plants dry out before fungous diseases can attack them. Porous flakes of fir bark and wiry shreds of fiber for the roots, and free air circulation for the leaves, come close to duplicating the natural growing conditions of the tropics. For nourishment, tropical orchids rely on the dead bodies of bark insects, bird droppings, and nitrogen produced by lightning flashes during thunderstorms. This system provides a constant supply of rather weak nutriment, which, again, gives us the key to the feeding of orchids. Frequent light feedings are best, using a balanced formulation of soluble fertilizer.

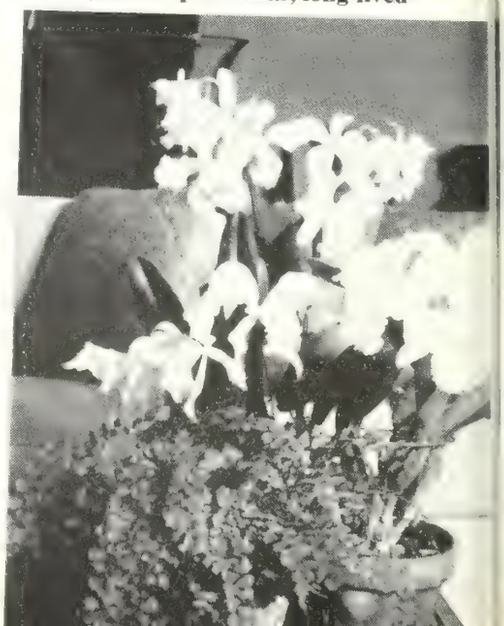
Because there are so many kinds of orchids, each needing its own particular kind of handling to reach perfection, orchid fanciers make a fine art of providing ideal conditions for their favorites. There are, however, some that are easier than others for home growing. Two enthusiastic orchid growers, C.Z. Guest and Enid Haupt (see pages 162-165), agree that the easiest for a beginner are cattleya, the familiar corsage type, and paphiopedilum, the lady's-slipper orchid. Phalaenopsis is another that can do well without a greenhouse, provided the humidity is high. You can start a collection

***Paphiopedilum*, sometimes mistakenly called *Cypripedium*, has long-lasting flowers borne one to a stem.**

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C.Z. Guest says, "I love orchids. A those proud little faces. They're all dif ferent, and their colors are exciting, eac more beautiful than the next. They sta in bloom for months—often 2 or 3 time a year. And they're not difficult, but yo have to know what each one likes." Sh recommends looking at pictures of or chids, or seeing the plants themselves a flower shows, then ordering the ones yo like when they are in bud, to be enjoyed right away. Mrs. Guest points out that

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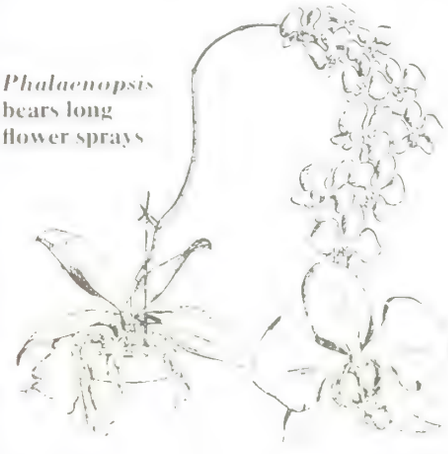
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anteeing yourself at least one period of bloom. Getting them to repeat is the tricky part. "You can make them bloom for their next flowering period," she says, "by studying the environment where the particular orchid grows naturally. The best way of learning this is by the experience of other people—join an orchid society."

Mrs. Guest grows most of her orchids in a greenhouse and lath house, in plastic pots. When they flower, she puts them in baskets and cachepots, with a little moss on top "to dress them up." She then arranges them in masses and does not hesitate to mix colors. "It all depends on what's in bloom and what I feel like. I never do the same thing twice. I like to surprise myself."

Enid Haupt, some of whose orchids you can see on page 164, says: "I live



Phalaenopsis bears long flower sprays

with many flowers, but my orchids are very special to me. Some of them are very old friends. I've had the same vandas for 20 or 30 years, and they've gone from New Jersey to New York to Florida. These are *Vanda Rothschildiana*, with a marvelous blue-mauve color." Mrs. Haupt often uses just one plant on a tabletop, or a grouping of a single color and genus. "I like a serene atmosphere. I like to make compositions, still lifes. I use clay pots for growing and display. Clay has a certain earthiness that contrasts with the luscious beauty of the flower. Nothing should detract from the bloom. When you display orchids, you must consider not only flower colors but shapes, proportions, and pot sizes."

Mrs. Haupt repots her orchids every 2 years, always with fresh materials and sterilized pots. Some of her vandas are not divided when they're repotted, but allowed to form dense clumps that produce great masses of flowers. Since the leaf bases and aerial roots of vandas are rather stark looking, she underplants some of them with broad-leaved bromeliads that like the same kind of growing conditions. Each of the many kinds of orchids in Mrs. Haupt's greenhouse and lath house is treated according to its own specific needs. When being repotted, each gets its own special mixture of sphagnum moss, perlite, and firbark. "Good drainage is mandatory." She tells

Continued on page 292

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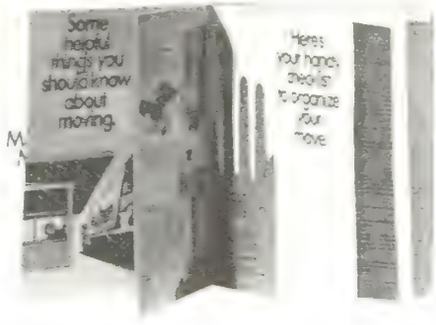
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THE NAME MEANS MOVING.

continued from page 289

other orchid lovers: "When you grow orchids you must always ask yourself: Do they need more sun? More shade? Moisture? Food? Air? Sometimes they need only studied neglect when they're resting in their pots between blooming periods. You don't have to coddle orchids, but try to think what will make them happy."

In regard to feeding, Mrs. Haupt relies on dried cow manure dissolved in water for her vandas until they come into bloom. Mrs. Guest counts on high-test fertilizers—as powerful as 30-10-10—for her particular favorites. All of which goes to show that there are no hard and fast rules. Follow the recommendations in orchid catalogues, talk to other orchid growers, and follow whatever method works best for you. One of the best ways of learning what other orchid growers are up to is to join The American Orchid Society. Membership costs $15 a year, which pays for a handbook and a monthly magazine. The address is c/o Botanical Museum of Harvard University, Cambridge, Mass. 02138.

Orchids-by-mail

Orchids make elegant Christmas gifts and travel well by mail, even in bud. There are many good orchid-by-mail sources, and many provide gift certificates or special recommendations for novices. A sampling:

Jones and Scully, 2200 N.W. 33rd Ave., Miami, Fla. 33142. Catalogue, $3.50

Orchids by Hauserman, Inc., P.O. Box 363, Elmhurst, Ill. 60126

McKarel's Orchids, Hypoluxo Road, Lantana, Fla. 33462

Rod McLellan Co., 1450 El Camino Real, South San Francisco, Calif. 94080

Fred A. Stewart Orchids, Inc., 1212 East Las Tunas Drive, San Gabriel, Calif. 91778

Books about orchids

There are a great many books about orchids. Here are some of the more useful ones:

Orchids as House Plants, by Rebecca Tyson Northen (Dover paperback, $2.50). This has all the information anyone could need to begin growing orchids and work up to the expert class.

Orchids You Can Grow, by Harry Britton Logan (Hawthorn, $12.95) is a fine selection of the most beautiful orchids, with thoroughgoing instructions for growing them.

Orchids—Flowers of Romance and Mystery, by Jack Kramer (Abrams, $35). Handsome enough to rate as a coffee-table book, this is a collection of color and black-and-white photographs that make hundreds of orchid species and hybrids easy to identify. There is also a lot of geographical information and complete growing instructions.

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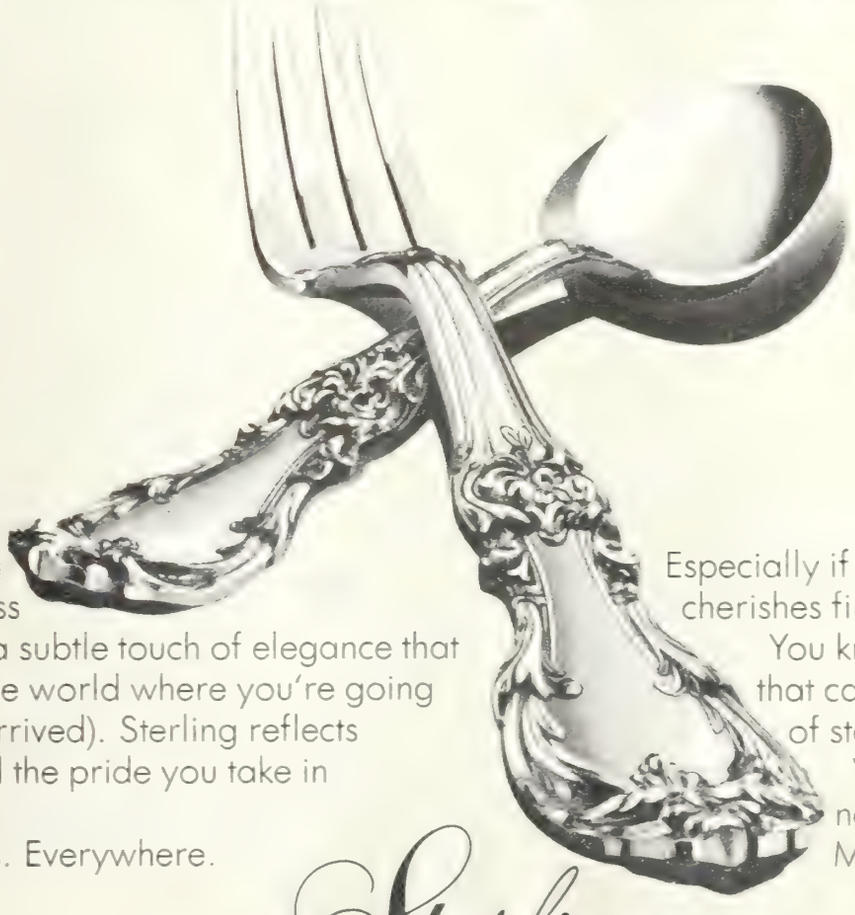
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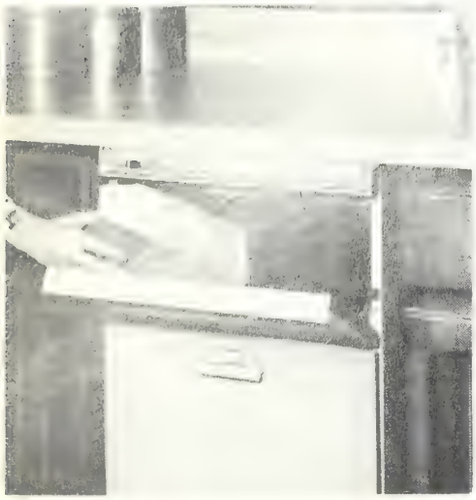
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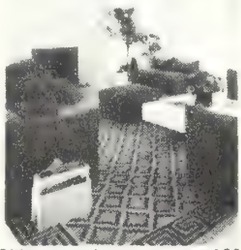
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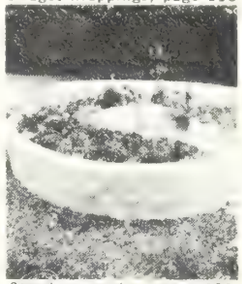
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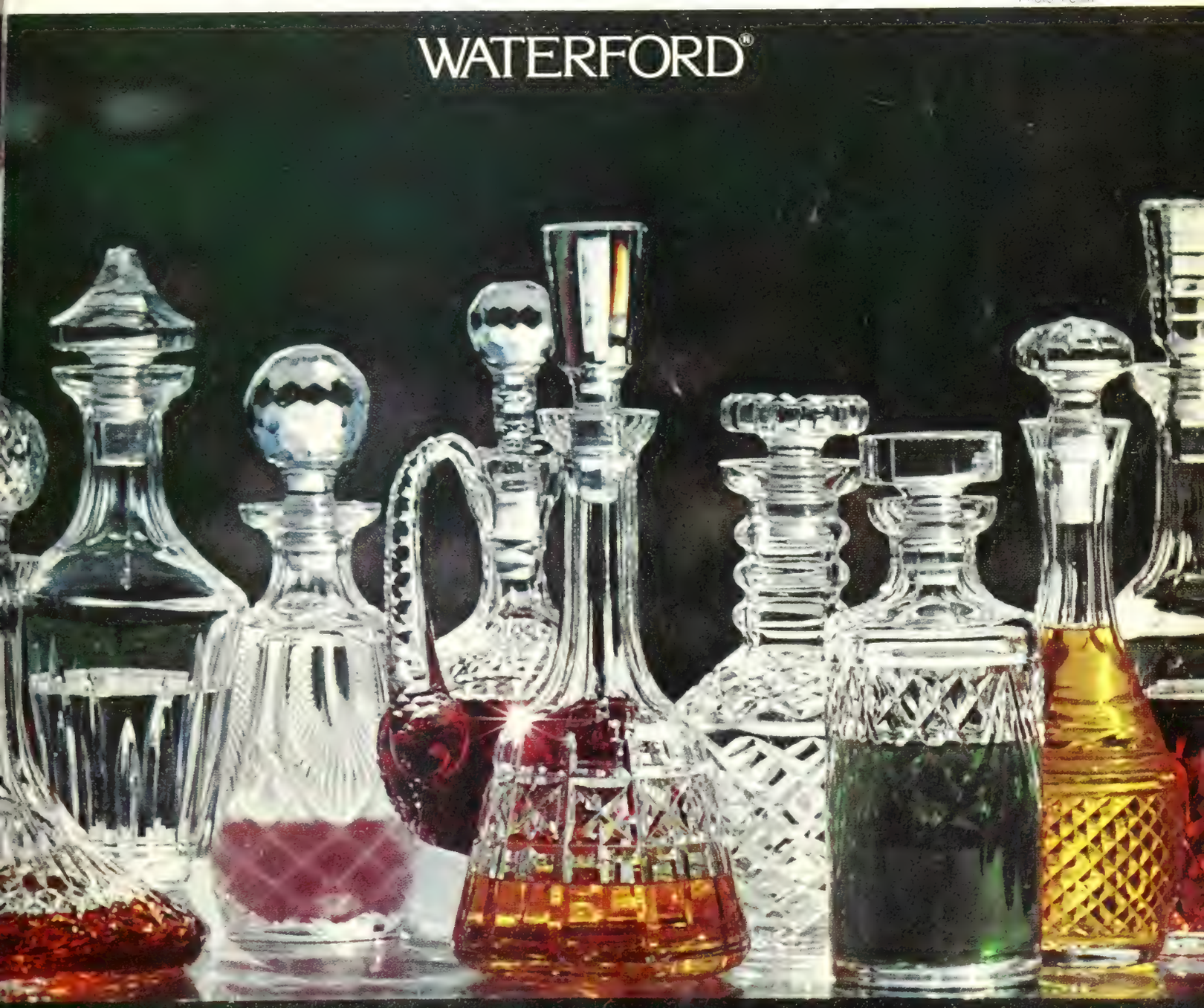

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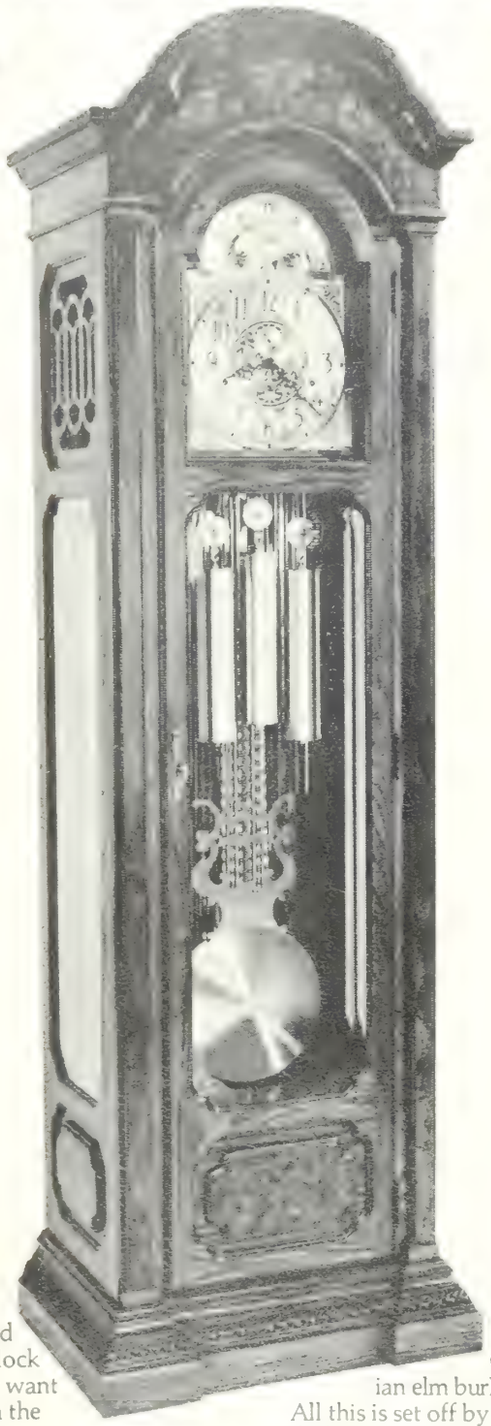
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The frost that's the only lipfrost and lipgloss in one.
Frost Formula 2.
New. From the Revlon Research Group.



Living

Decorating • Design Ideas • People • How-to • Health • Home tips • Travel



Creativity tree

Vice President and Mrs. Mondale will have a "crea tree" this year, decorated with handmade ornamen craftsmen designers organized through the Ame Crafts Council. Shown below are Earl Krentzin's fish, Mary Ann Scherr's mobile star with Mylar ribb and M. Ahsona's Indian rattle gourd with white fea



SHEILA CAMEPA

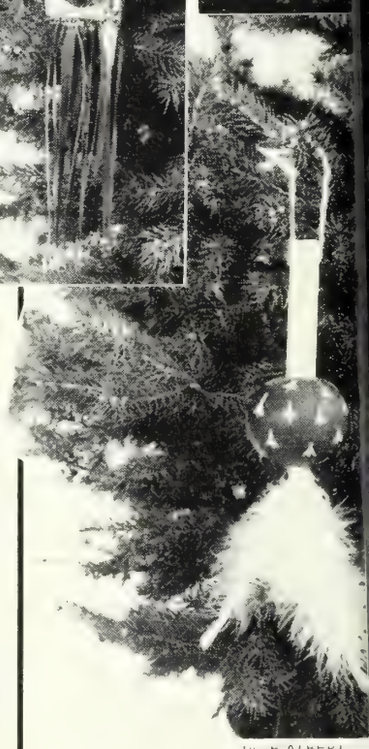
Below ground, burlap rots

Save a tree

Why throw out your Christmas tree when you can buy a living tree, which you can plant in your garden right after Christmas? Be sure you have a sunny spot for the tree, and dig the hole before the ground freezes. Buy your tree early in December from your local nursery, so you have first choice. Use a local nursery not only for a guarantee, but because it will know best if your area is suited for planting a tree at this time of year. Before you get it home, buy a large plastic saucer sled (about $5 from a toy store). Place the tree in the saucer at a distance from your fireplace and heating vents. Remember to water the root ball while indoors the first and fourth days—1 quart or more of water will do. Don't keep the tree indoors longer than 5 or 6 days and when you take it out, let it sit on the porch, in the garage, or against the southeast end of the house where it can once again acclimatize itself to the outdoors. On the third day, slide it to the sunny spot where it will have room to grow large and full. If the root ball is wrapped in plastic, slip the plastic wrapping off before covering with dirt; if in burlap, leave it to disintegrate naturally. Cover the root ball completely with top soil pack the earth down and water.







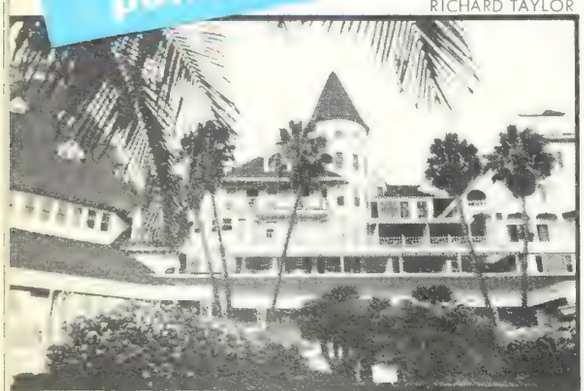
JADE ALBERT

Departure points

Holiday hot spot

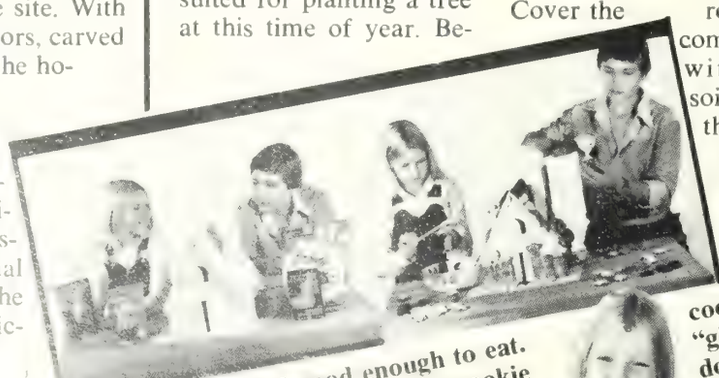
The Coronado peninsula is one of Southern California's very special places. Surrounded on all sides by the Pacific, it's cut off from San Diego by a wide bay, only recently spanned by a toll bridge. Because of this isolation, Coronado retains all the charm of an Edwardian beach town. It is especially appealing at Christmas, when San Diego's Mexican population celebrates the traditional posada with street festivals, parties, and passion plays. There are two separate moonlight parades of specially decorated boats in a kind of holiday "Op-Sail." The place to stay is the Hotel Del Coronado, a National Landmark Victorian fantasy, built in 1887 by Elisha Babcock of Indianapolis, who bought the whole 4,100-acre site. With naturally finished sugar-pine interiors, carved decorations, and fanciful turrets, the hotel was the first public building on the West Coast to have electric light, installed by Thomas Edison himself. Today the "Del" is a fascinating mixture of historical architecture and modern additions. Pastries are still made in the original brick oven. Only steps away is the modern health spa, with Olympic-size pool and sauna.

RICHARD TAYLOR



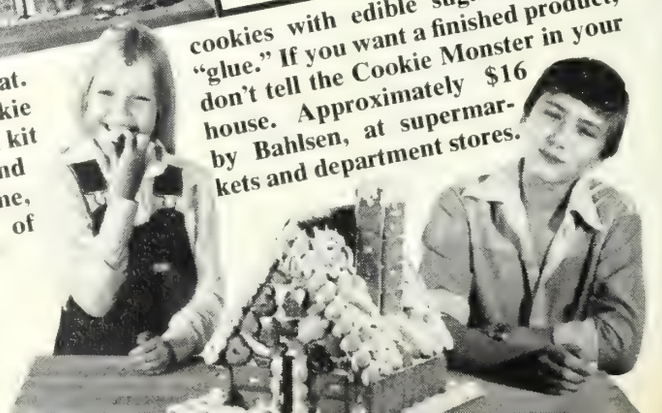
Coronado color

Old Town in San Diego, an open-air museum of early Spanish-style architecture.**** For dinner, the Chart House 1887 Restaurant, charming converted boathouse overlooking the bay. **** Snowball fights at Sea World, December 17.**** Bargain shopping in Tijuana, Mexico, half-an-hour drive.



Fun to make, and good enough to eat. The Christmas *Knusperhaus* or cookie house has arrived from Germany in kit form. First you build the Hansel and Gretel cottage from cardboard frame, then you paste on an assortment of cookies with edible sugar-and-water "glue." If you want a finished product, don't tell the Cookie Monster in your house. Approximately $16 by Bahlsen, at supermarkets and department stores.

Cookie quickie



RICHARD TAYLOR

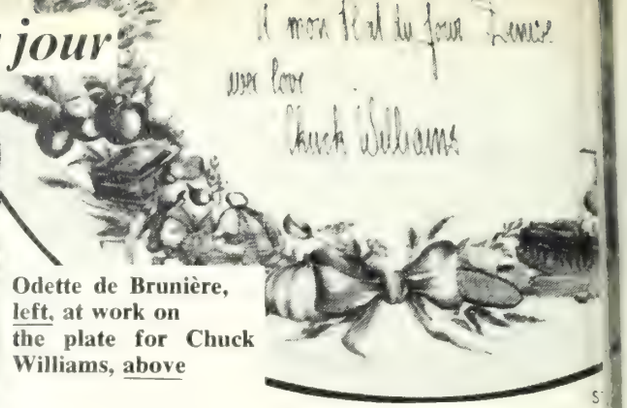
If you know several people who deserve Crown Royal, they're very fortunate. So are you.



SEAGRAM DISTILLERS CO., N.Y., N.Y. BLENDED CANADIAN WHISKY, 80 PROOF.

Plat du jour





Odette de Brunière, left, at work on the plate for Chuck Williams, above

Wide World Art

Fleur Cowles, an international trustee of the World Wildlife Fund and artist in her own right, had a wonderful idea several years ago for an art exhibition highlighting the animal in art. The aim: to provide help for endangered species and ecosystems. The project has resulted in art shows spanning five continents. "What makes this so unique is that it is not a traveling exhibit, but a series of individual ones mounted all over the globe at the same period," she says. "How better to remind people to protect animals than to prove that animals were the very first communication of man on a cave wall, and have never failed to fascinate the greatest masters in art." In this country, exhibitions open at the Hirshhorn Museum & Sculpture Garden and the National Museum of Natural History November 17—January 15 in Washington, D.C. and at The Natural History Museum, November 16—February 19 in Los Angeles. Mexico City, Madrid, London, Istanbul, and other cities are taking part. To complement the exhibitions, Kenneth Clark has written a beautifully illustrated book *Animals and Men* (Morrow, $19.95).

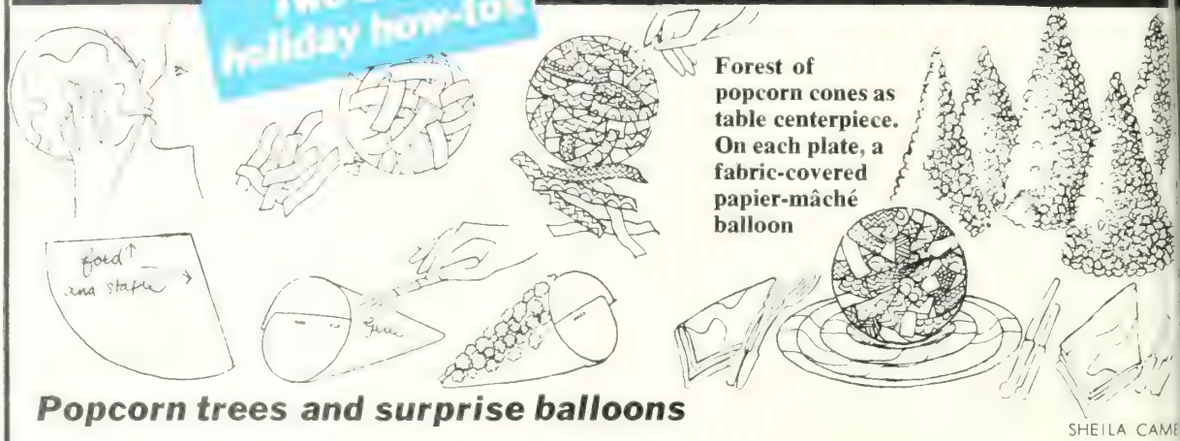




Fleur Cowles and, below, Clark's book

Did you know that after coins and miniatures, plates are the most popular collectible? Here's a new one bound to make history: an 11½-inch hand-painted-to-order-for-you plate by artist Odette de Brunière. Part of the beauty of the plate comes from the planning and experimentation of the design between you and Mrs. de Brunière. The plates are $500 each and may be ordered through the Williams - Sonoma catalogue, Box 3792, San Francisco, Calif. 94119. For other designs contact the artist directly at 3000 Portola Rd., Woodside, Calif. 94602. Plates start at $100. Collectors may also want to be on the mailing list of the Bradford Exchange, an organization that serves as a trading rum for all the editions of pl by the porcelain compar The *1977 Bradford Book of lector's Plates* (Rand McNa serves as a guide to novices aficionados. It researches history of plate collecting, views limited editions, ha glossary and tips on starting The Bradford Exchange. M ton Grove, Ill. 60648.

Two easy holiday how-tos



Forest of popcorn cones as table centerpiece. On each plate, a fabric-covered papier-mâché balloon

SHEILA CAME

Popcorn trees and surprise balloons

Decorate your holiday table with popcorn trees and papier-mâché balloons. Balloons can hide a present at each place setting.

TO MAKE TREES, YOU NEED: Oak tag paper, 1 can white popping corn, graph paper with ½-in. squares, compass, pencil, stapler, rubber cement, tin pie plate.

1. On graph paper measure, mark, and cut out one half of a 12-in. circle and an 18-in. circle.
2. Place graph paper on oak tag, trace around outlines, cut out.
3. Twist oak tag into cones, staple to hold.
4. Pour rubber cement into tin pie plate. Brush a little on cone. Dip corn kernels into rubber cement. Place on cone. Allow tree to dry thoroughly.

FOR BALLOONS, YOU NEED: Package of assorted balloons. Wheat paste. Strips of newspaper 1-in. wide, 8 long. Strips of scrap fabric 1-in. wide, 8 long. (Here Nickelodeon sheets by Martex.) Tea cups, mixing bowl, scissors.

1. Blow up balloons and set each one in a tea cup.
2. Mix wheat paste in bowl f lowing directions, until gooey.
3. Dip paper strips into whe paste. Overlap and smooth the onto balloons. Cover each balloo leaving end tied and exposed.
4. Dip fabric strips into whe paste. Apply to paper-covere balloon overlapping and smooth ing into position.
5. Allow papier-mâché balloon t dry. Then deflate real balloon.
6. Using manicure scissors, cu base of papier-mâché balloon t give a flat surface for standing



Health

Armchair dieting

Every diet tells you what to eat, how much, and how long it will take to get those pounds off. But how many diets help you discover the influences that are making you heavy in the first place? Programs that explore attitudes and change lifelong habits use "behavior-modification" techniques. At the University of Southern California, psychologist Albert Marston and wife Marlene have devised an amazingly effective weight reduction program that works by mail. Thirteen weekly lessons, using diaries, daily reading and writing sessions cover difficul areas: self-control, self-image, weight loss expectation, binges, parties, eve relearning shopping methods. Lesson are informative, sympathetic witho being indulgent, private, persona Each participant is assigned a cor spondent on the project to whom s writes. Price, practical $150. Wr USC Correspondence Weight Red tion Center, 734 W. Adams Blvd., Angeles, Calif. 90007.

Drs. Marlene and Albert Marston counsel by mail

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The Clinique Computer is the heart of the Clinique system of skin care and the ritual

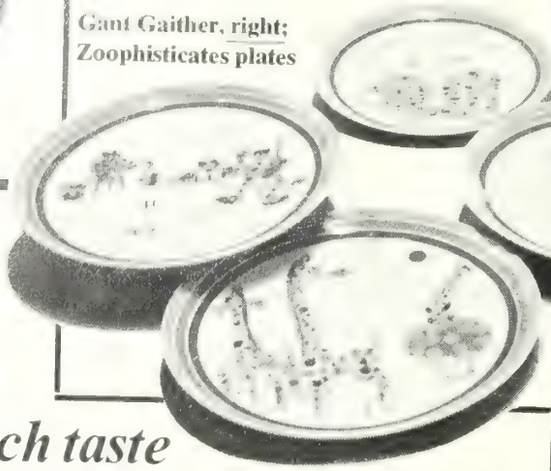


Living

Kind to animals



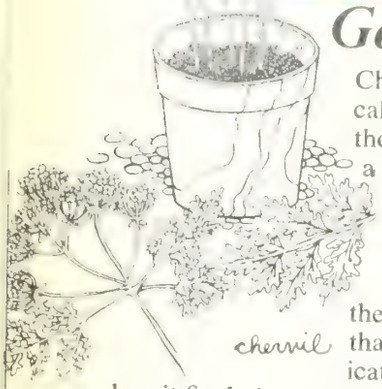
Gant Gaither, right; Zoophisticates plates



Talk about nine Gant Gaither is i sixth! Biographer, signer, Broadway- wood producer-di now he's paintin sculpting with gre cess and pleasur those who know his he's the ruler of the dom Animalia. The ject of his paintir allegorical animals ed to play up the foibles of humans. phisticates" will soo sending their wry messag everything from ties to wallpapers, she dinner plates. There's one marvelous pi ered with diamonds sunning herself o beach that you know you've seen somev before. His first success as a painter with the publication of a book called *Seal—For Adults Only*. The illustrations mounted at Hammer Galleries in New and were a complete sellout. He's been p ing ever since. . . . The dinnerplates a are by The Haldon Group, $26.50 a s four. Other pieces are bowls, mugs, tur

Garden art

Good French taste



chervil

Chervil is sometimes called French parsley, though in fact it is not a parsley at all but rather a relative of dill. Nonetheless, the French are fond of it, there's no disputing that. They like its delicate hint of anise, and chop it finely into salad dressing, fowl stuffing, or deviled eggs. One reason you rarely find fresh chervil in the U.S. is that the plant does not like intense summer heat. It can be difficult to grow outdoors, but indoors on a sunny windowsill, chervil will thrive year-round, especially if it can avoid the summer scorchers in an air-conditioned room. Plant fresh seeds ⅛ of an inch below the surface of a relatively non-nutritious potting soil. A mix of equal parts fine sphagnum moss, perlite, and potting soil works well. Plants will start greening in a week or so. A month later you can begin to harvest lightly, cutting outer leaves from crown. Chervil seeds (anthriscus cerefolium) from Stokes Seeds, Inc. Box 548, Buffalo, N.Y. 14240. 40¢. RICHARD LANGER

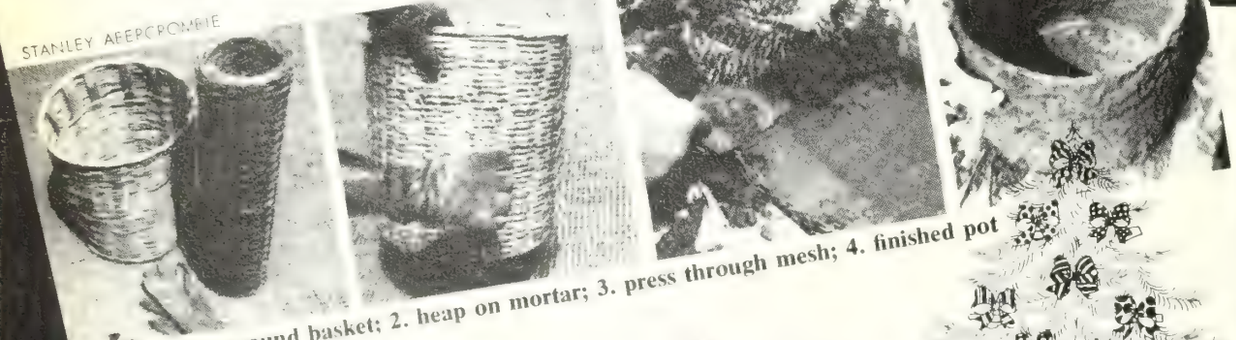
WILLIAM P. STEELE

Hail Halifax

Marvelous conservation efforts in Halif Nova Scotia, have a message for other s ports across North America. A gro of very old cargo warehouses by t waterfront, saved from demoliti by the Historic Sites and Mo uments Board of Canada, h been renovated to their ori nal 19th-century design architect David R. Forsyt Fourteen buildings now hou cozy shops selling local and i ternationally made crafts, fa ric, pewter, clothes, furnitur several art galleries, plus pu and restaurants serving th coldest ale and the best se food fresh from local fishe men. The Nova Scotia Colleg of Art and Design and man businesses share the secon floors. Inside, interiors ar earthy with exposed beams brick walls, and wood plan flooring. Outside, the feelin of authentic seaport buildings bring the visitor closer to the maritime history o Nova Scotia—and the Bluenose II, a 140 foot-tall sailing ship moored here, offers water tours and trips out in the bay.

19th-century waterfront warehouses, Halifax





STANLEY ABERCROMBIE

1. Wrap wire around basket; 2. heap on mortar; 3. press through mesh; 4. finished pot

Pot luck

Here's how to build a pot for your holiday tree, working with ferrocement. Give yourself at least 2 weeks to allow for the curing time it will take to dry.

You need:

- **20-lb bag of prepackaged cement/sand mix or**
- **a small bag of white Portland cement, sand, and water in 2-4-1 parts.**
- **25 feet of 2-ft.-high hexagonal wire mesh with 1-in. spacings or chicken wire.**
- **Bricklayer's trowel.**
- **Small shovel, plastic bin.**
- **Straw basket as a form.**
- **Gloves: canvas and plastic.**
- **Wire cutters.**
- **Atomizer or plant mister.**
- **Sheet**

To Build:

Cut 4 pieces of mesh a few inches wider than the base of the basket; bend the edges upward. Cut 4 pieces the circumference of the basket and wrap them in overlapping layers around the basket. Tie the mesh tightly with thin metal wires and bend the edges back as smoothly as possible. Remove the basket. Prepare the mortar and apply quickly, pressing the mortar through the interstices of the mesh. Make the surface as rough or smooth with your hands as you wish. Wear gloves. Use the minimum amount of mortar necessary to cover the mesh

hours spray the pot with water misted through an atomizer. Wrap in plastic or burlap and store where there will be temperatures ranging from 50° to 70° and high humidity if possible. Water with a hose every day for 4 days. Then leave it wrapped for a week. If you want to paint the pot, use a paint especially made for concrete.

For more projects and information, see *"Ferrocement: Building with Cement, Sand, and Mesh,"* written by architect Stanley Abercrombie, ($12.50, Schocken Books) from which these



54 Proof Liqueur. © 1977 Arrow Liquors Company. Allen Park, Michigan.

Dress yourself to the eye-teeth. And starve all day so you'll have plenty of room for the couscous. Come with your arms laden, not with gifts, but with good will, good habits, and loving thoughts for your friends and family. Our house will ring with laughter and sparkle with lights and flashes of holiday flowers. And what is ours is yours to enjoy.
This will be an evening of pleasures both pure and bright, and all in the proper spirit of things. Let's make a resolution right now. Instead of waiting all year for this magic season, let's extend its warmth throughout the year to come. Welcome, friends.



We wish you a year-long Holiday Season filled with moderation in all things except for an abundance of affection.

Smirnoff

QUESTIONS
ANSWERS

ANTIQUES



BY LOUISE ADE BOGER

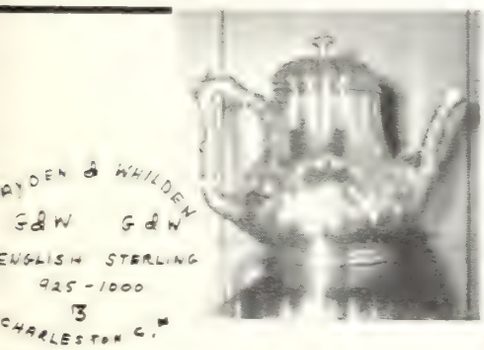
New England Organ



We know that our organ was made by the New England Organ Co. Can you estimate when and tell me something about the style of the instrument?
D.M.—Los Gatos, Calif.

The New England Organ Company was started in Boston, Mass. in 1871. It was succeeded by the New England Piano Company in 1881. The outline and molded detail on the back of your pump organ is typical of the Renaissance Revival style, which was an immensely popular one in our country.

American coffee pot



What can you tell me about my coffee pot from the mark I've sketched?
G.L.—Pensacola, Fla.

Hayden & Whildon, active at Charleston, S.C., 1855-1863, was the last of the several firms who succeeded Hayden, Gregg & Co., established in 1838. This original firm and its successors operated a large and successful jewelry store importing practically all of its merchandise from England and the North. Much silver survives bearing the mark of one of these firms. The G & W in your mark are probably the initials of Grosjean & Woodard, active at Boston, 1840-1862, who made silver for Tiffany & Co.

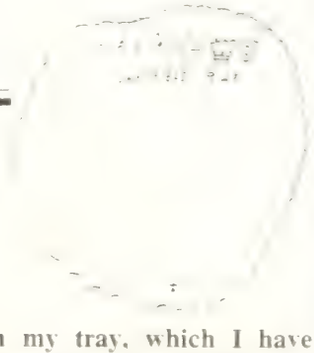
Japanese "Thousand Faces" tea set



I know my Oriental tea set was made in Japan sometime before World War II, but that is about all I know. Can you identify it further? D.M.—Selma, Ala.

Your tea set was probably made in Japan between 1921 and 1940. The name of the pattern is "Thousand Faces"—(each face is slightly different). You will find the pattern illustrated in *Japanese Ceramics of the Last One Hundred Years* by Irene Stitt (Crown, 1974).

Silver tray mark

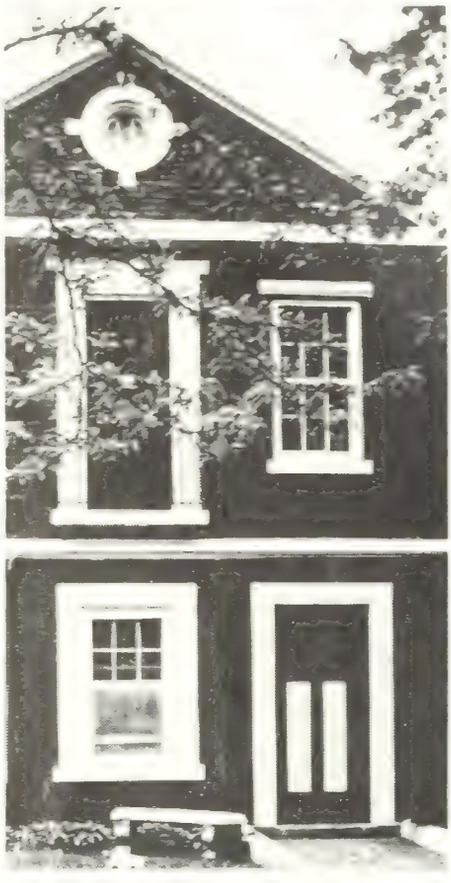


The mark on my tray, which I have drawn, includes the word "Sheffield." Does this mean it is English?
D.D.G.—Phoenix, Ariz.

Your plated silver tray was made by Lawrence B. Smith Co., active at Boston, Mass., from 1887 to about 1958. It made sterling and plated silverware. The word "Sheffield" included in the mark suggests that the form and decoration has been borrowed from 18th-century English Sheffield.

Continued on next page

Do you recognize this American landmark?



Probably not. No famous person was born in this house. No treaties were signed here. This house is simply a charming example of period architecture that is perfectly suited to today.

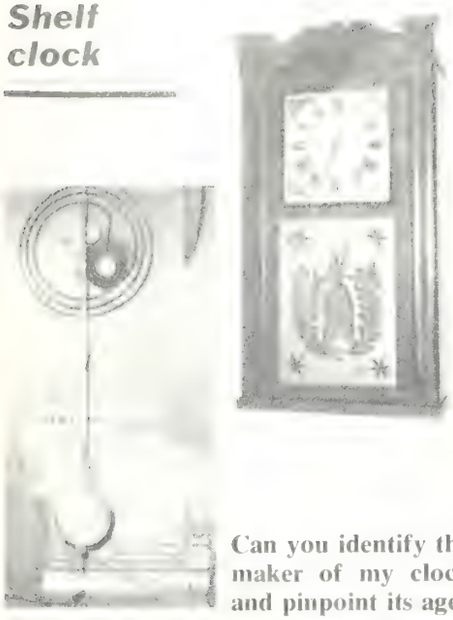
It doesn't take a mansion to be a landmark. There are thousands of fine buildings like this one all across the country. They're part of our heritage too, just like Monticello and Mount Vernon.

These buildings can be revitalized by adapting them to modern uses.

Let's hold on to these pieces of our history while we still can. Support historic preservation in your community.

For more information write Membership Department, Office of Public Affairs, The National Trust for Historic Preservation, 740 Jackson Place, NW, Washington, DC 20006.

Shelf clock



Can you identify the maker of my clock and pinpoint its age? We think it's very old as it has wooden gears. D.P.—Highland Park, N.J.

Daniel Pratt Jr., 1797-1871, Reading, Mass., manufacturer and dealer, made your shelf clock with wood movement about 1835. This pleasing model, popular from the time of its inception to the present day, will undoubtedly attract the collectors of tomorrow.

Georgian epergne



From the photograph, can you furnish me any information about my old epergne? K.H.—Pasadena, Calif.

You have a fine example of an English Georgian silver-on-copper epergne, dating around 1810. The wheel-cut glass inserts in the diamond pattern were made at Waterford or Bristol.

Pottery mark



Our anthropology class surface collected several pieces of porcelain on an old village site in Michigan, occupied from 1850 to 1928, when a tornado blew it away. We are very interested in finding out the approximate age of the dishes and where they were manufactured. F.S.—Grandville, Mich.

According to the registration number, the English Staffordshire potters Powell, Bishop and Stonier registered your pattern, Chelsea, at the British patent office in 1884.

Ratchet candlestand



I inherited this candlestand. Can you give me some idea of its age and in what manner it was used? L.M.—Greenville, Del.

Your ratchet candlestand with cross-base is of American manufacture and was probably made in the 18th century. These stands were sometimes placed on other articles of furniture for the purpose of throwing light abroad in a room.

Parlor chairs



These two old chairs were originally in my great grandmother's house. I would like any information about them that you could give me. S.G.—Milwaukee, Wis.

Your chairs were made in America and they date about the 1850s. They were probably part of a parlor set, which usually consisted of from six to twelve pieces. The Gothic chair [*right*] is by far the more interesting of the two.



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1977. A masterpiece of American craftsmanship.

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Set your table with sunshine and a marvelous European springtime from Villeroy & Boch

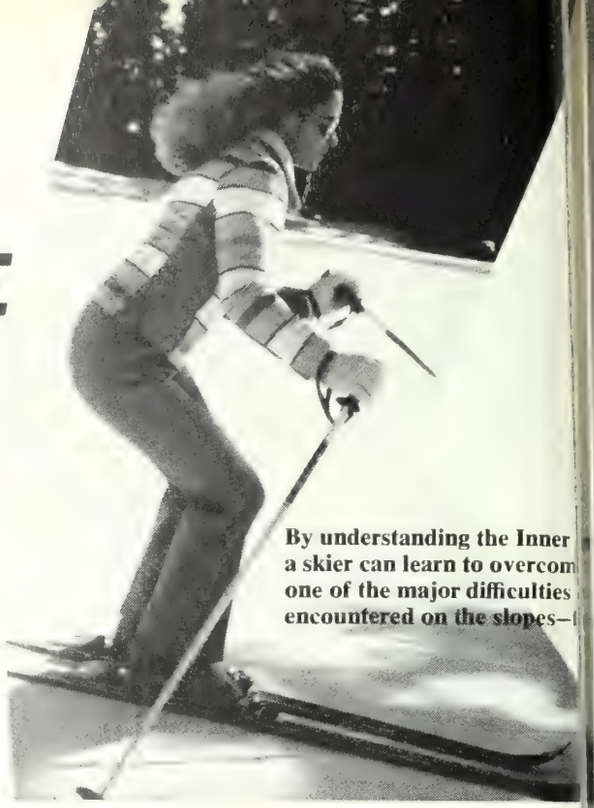
Let us introduce a little bit of beautiful, unfamiliar countryside to your tabletop with fresh and cheery Geranium at a refreshing $37.50 the 5-piece placesetting. Rounding out the landscape is Villeroy & Boch's crystal pattern, Florence. Undeniably European, it's the look most found in the fashionable households of France, Belgium, Germany. Discover why. Write Villeroy & Boch, 225 Fifth Avenue, NY, NY 10010, USA. We'll send you a fully illustrated folio of this great tableware, and details about where to find it.



How to overcome self-doubt and

THINK YOUR WAY TO TOTAL CONFIDENCE

A strategy to improve your physical abilities and also the quality of your life, from performance expert W. Timothy Gallwey/By Caroline Seebohm



By understanding the Inner a skier can learn to overcom one of the major difficulties encountered on the slopes—

TITO BARBERIS

"Probably the greatest obstacles to growth of all kinds are our concepts about ourselves," says Timothy Gallwey, co-author of the just published *Inner Skiing*, and performance consultant to sports clinics and corporations across the country. "By believing that you are not good at a physical activity or mental challenge, you limit how well you will let yourself do it."

Anyone who has ever been involved in any sports or games, whether it be tennis, golf, skiing, or whatever, will know the infuriating gap that occurs between what you are *supposed* to do and what actually *happens*. Your theoretically perfect forehand goes in the net. Your 2-millimeter cinch of a putt goes wide. Your elegant parallel turn lands you in the snow.

This gap is a separation between body and mind, or between the Outer and the Inner Game, as Timothy Gallwey identifies it. Through the Inner Game, he teaches how we can unlearn old habits, let our natural learning ability and skills work properly, and, carrying over the example from sports, inject these more accurate expressions of our potential into our daily lives.

"All physical activities have some kind of a goal," Gallwey explains. "And they present obstacles, difficulties between you and the goal. The idea is to get over the obstacles and reach the goal. This is what I mean by the Outer Game. The Inner Game deals neither with the difficulties presented by the opponent, nor by the terrain, but by oneself. These inner obstacles are similar no matter what external performance we are doing, whether it's skiing or writing poetry—they involve, for instance, anxiety, fear, self-doubt, lack of confidence. All these things arise from inside us and make it difficult for us to perform according to our true potential. In other words, you have to beat yourself."

The Outer Game, then, concerns the racket hitting the ball, the skis sliding through the snow, in certain prescribed ways that make up the sport. The Inner Game is what goes on in your head as you try to get your body to do the moves correctly—that relentless inner dialogue between yourself the critic and yourself the performer. Mr. Gallwey calls these two selves, Self 1 and Self 2.

Many people's problems, both in games and in life, concern the battle between Self 1, who pours out instructions and judgments about how to do things right, and Self 2, the natural performer. "The role of conscious thinking, especially related to our self-image, is greatly overrated in this culture, and I believe it's a major interference to learning." Mr. Gallwey's suggestion is that if we could only manage to stop listening to Self 1, Self 2 would handle everything with much greater ease and success.

> ***If you can face fear head on, analyze precisely what is making you afraid . . . you are halfway to conquering that fear***

How do you stop listening to Self 1? One of the most direct ways Timothy Gallwey teaches is by *developing body awareness*. If Self 2 has a natural ability to do things, why not try to become more aware of Self 2 and bypass Self 1? In skiing, for example, the first thing a beginner usually *(Continued on page 24)*

EDITOR'S NOTE: *W. Timothy Gallwey, a former Harvard tennis star, wrote a book called* The Inner Game of Tennis *(Random House) that presented a revolutionary new strategy for playing the game. Its insights made it a best seller, and Mr. Gallwey opened a string of clinics across the country teaching his thesis about tennis. Now his new book,* Inner Skiing *(Random House), written with Bob Kriegel, brings the same wisdom to skiing. He is currently working on a book about Inner Golf.*

FACING UP TO WINTER

10 Tips To Help Dry Skin/By Paula R. Jackson

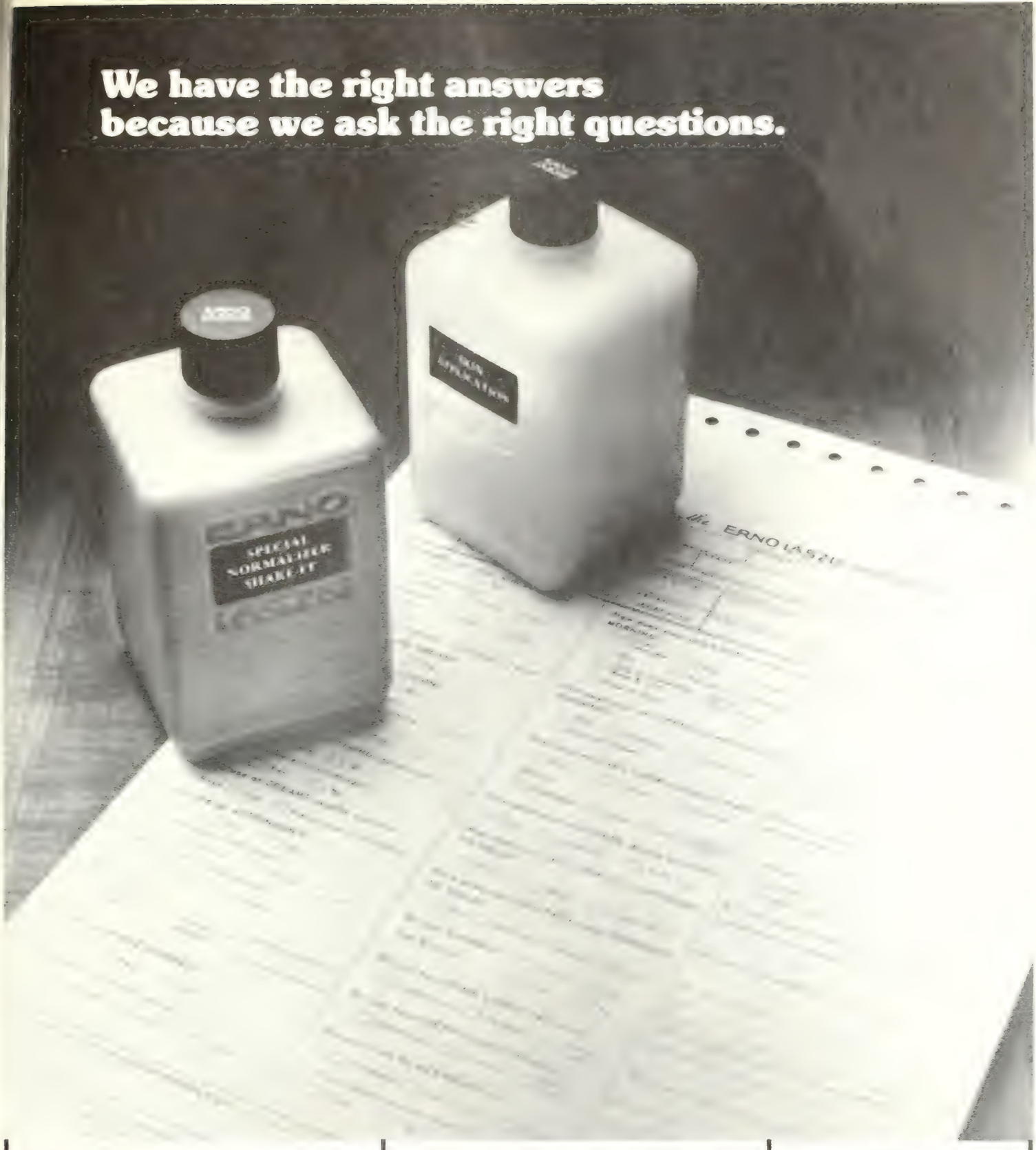
Dry skin seems even drier in winter, whether you live in the North or South. Cold and steam heat are the two aggressors in cold-weather climes; sun and air conditioning dry it out in warmer weather zones. Two experts on skin care, Janet Sartin and Pablo Manzoni, gave us their advice for keeping dry skin comfortable.

JANET SARTIN:

- For daily cleansing anywhere use super-fatted soaps, face and body.
- Never go outdoors without a moisturizer on your face, men and women, or a body lotion covering the rest of you, including behind the knees, ankles, elbows, and feet.
- If you're active in sports like skiing, golf, or tennis, use greaseless, protective sun lotions. Expression lines around the eyes, bridge of the nose, and the mouth need an extra dab as those areas are among the first to flake and itch.
- Don't be afraid of bathing with a dry skin. Just be sure to add a bath oil to the water; follow up with body lotion afterward.
- For added protection of the face: Dip a cotton ball into whole milk and wipe it across the skin. Let it dry for 2 or 3 minutes and rinse. Your face will have a slightly stronger acid mantle to help prevent chapping in the drying winds.
- If your wear wool sweaters, wear a silk or cotton shirt underneath. Very sensitive skin can react to the softest wools, so a lining is helpful. A silk scarf at the neck offers the same protection.
- Eight glasses of water a day cleanse skin from the inside out. A good drink, too, during the winter months when rich red wines can expand surface capillaries near the skin and make them itch. White wine can also be just a bit too acidic for dry skins and a rash sometimes results.

PABLO MANZONI OF ELIZABETH ARDEN:

- Your hands are probably the most neglected in winter. Use a hand cream that has silicone or aloe in it. Cotton or silk lined gloves also offer protection by preventing the more irritating properties of leather and wool from reaching the skin.
- We all know that what you eat affects the state of the skin. *(Continued on page 24)*



Understanding your skin is the secret behind keeping it healthy looking. This important fact is the very basis of the Erno Laszlo skincare system.

You may think your skin is dry or oily or normal. But we may not agree with you. We have a simple questionnaire that will help you discover your problems along with your needs. An Institute trained specialist will ask you the questions. From your answers she will analyze your skin and specify a treatment program that will be the right one for you. It is your own personal Erno Laszlo beauty ritual.

Meet with our Erno Laszlo specialist at Saks Fifth Avenue. She'll take the guesswork out of how to properly care for your skin.

The Erno Laszlo Institute



Saks Fifth Avenue



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vitabath

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Facing up to winter
continued from page 22

Eat more fruits, more proteins, and fe animal fats. Dry skins may even ben from half a teaspoon of olive oil in a sa dressing every day.

■ During vigorous sports like skiing tennis, moisture evaporates through skin—simple perspiration. Dry skin ou to take advantage of the surface wa wherever possible. It could be very he ful, especially to skiers, to wear a heav more opaque cream on the face when on the slopes. It acts as a sealer so t evaporation is reduced and it helps blo out the aging, drying effects of both s and wind. Elizabeth Arden's "8-Ho Cream" is a good one to try. It's also wonderful preparation for the treatment sunburn for those who take winter vac tions in the tropics.

EDITOR'S NOTE: *Janet Sartin's salon at 4 Park Ave., New York, N.Y., 10022, or Bonwit Teller in New York, has a sk analysis service with recommended trea ments, available by mail.*

Total confidence
continued from page 22

learns is how to side-step up a hill. Gall wey's pupils learned this, not by his tel ing them how to do it, but by makin them *experience* it. First of all, he aske them to get used to the feeling of the sk —shift their weight from one foot to an other, bend and straighten their knees edge and flatten their skis. There were n rights or wrongs, just the exploration o something new.

Then the teacher began to side-step up the hill, and asked his students to follow him—no other instructions. As they went, he asked them to become aware o their skis—were they flat or edged into the snow? The students noticed that their skis were edged into the snow. So ther Gallwey asked them to play with their edges some more—to flatten them and see what happened. Well, they started sliding down the hill, so then they automatically edged them again to stop themselves. "That's why you were all edging to begin with," he said. "Who told you how to do that? I didn't—you did it automatically without thinking about it. Something in you is pretty smart, and you will grow to trust it more and more."

Tennis is full of opportunities to develop body awareness. Say, for instance, you are worried about your serve. You have probably served thousands of times in your tennis-playing life; your body knows precisely what to do. What is going wrong is the stream of instructions coming from Self 1. "Throw the ball higher . . . Bend your knees . . . Wait or you'll muff it," and so on. As you listen to Self 1 you tighten up and Self 2 has no chance to do its work. Tim Gallwey suggests that when you serve you concen-

Continued on page 28

YOUR HAIRSTYLIST. YOU'VE TRUSTED HER WITH EVERYTHING ELSE. NOW TRUST HER WITH YOUR FACE.



The woman who knows you down to the roots of your hair can tell you a lot about your face. Your hairstylist is a licensed cosmetologist. And if she works in a salon that uses Redken products, congratulations! You're one step ahead. You already know the great things Redken can do for your hair. Now let your stylist tell you what Redken can do for the rest of you. She'll tell you about Redken's pH Plus Conditioning Cosmetics.

pH Plus Cosmetics do more than color, cover and camouflage. Unlike ordinary make-ups, ours condition. pH Plus Cosmetics are acid-balanced because that's good for your skin. They're made with protein because that's good for your skin. And they bring out your natural good looks instead of burying them because that's best for you.

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When you've got products this good, you want to show people how to use them right. So you may have to go a little out of your way to find us. We're in the hands of professionals. Not at your favorite drug or department store. Come to a salon that uses and sells Redken for a professional make-up analysis and pH Plus Cosmetics. If you don't already know such a beauty salon, check your Yellow Pages Telephone Directory.

Try us out with our holiday season special. It's a unique beauty box—an assortment of our most popular conditioning cosmetics. You'll find it a beautiful way to introduce your face to Redken. And now, during the holidays, the beauty box is yours at a special savings.

This Christmas, discover the other side of your hairstylist. Discover pH Plus Conditioning Make-up. It's the best present you can give your face. Trust us.



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(Unsolicited Testimonial)

"Oh, your hands are ugly!"

MARIAN VAYHINGER Michigan City, Indiana



Dear Neutrogena-

In the 12 yrs. I've been in the hairstyling business, my hands have looked really bad, especially in the winter. I would finish a busy week with blood running down the back of my hands and go home and really suffer all weekend. Nothing really helped.

I got such lovely comments from people like, "ohh, what's wrong with your hands?" "Looks like gangrene" etc. Sometimes when we went out, I would sit on them, so nobody would comment. My husband even bought me a dishwasher, which helped a little.

Then last Thanksgiving I was...buying a birthday gift. The girl at the cosmetic counter said, "Oh, your hands are ugly!" She gave me a trial tube of Neutrogena and I was--as usual--skeptical.

Well 1 yr. later, I am still using it faithfully and still can't believe it...thanks so much.

Sincerely,

Marian Vayhinger

Originally developed for Arctic fishermen, Neutrogena® Hand Cream is a heavy-duty formula which literally shields your hands, helps them heal. Medical tests show it helped clear up acute skin conditions within 14 days. **Your satisfaction guaranteed, or money back from Neutrogena. $3.**

NEUTROGENA HAND CREAM



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"Madrigal" by The Burlington Design Studio



KODEL

Burlington

continued from page 24

trate on the *feel* of the racket swinging behind your back on the *release* of the ball as it goes in the air; on the *sway* of your legs as you reach to hit it. You might even hum a rhythmic tune as you serve that times with your action. What these techniques do is help let Self 2 play the game—and keep Self 1 out of it.

Another lesson in dealing with Self 1 is learning *how to handle fear*. Fear is one of the main obstacles to enjoyment and proficiency in sport—either the fear of getting hurt, or the fear of looking foolish. Let's take the first fear—the fear of danger. For instance, you are standing nervously on your skis at the head of a trail. Looking down it, you see bumps, precipices, all kind of terrifying hurdles that will cause you to fall and break a leg. Self 1 is quick to magnify these hurdles by making them seem even more impossible, reminding you of former disasters, of other people's accidents, of your own incompetence. Getting more and more anxious, you take the slope badly and either fall or end up shaking.

Timothy Gallwey grapples with this fear by explaining that it is based on *illusion*, not reality. You don't *know* you're going to break a leg—you don't even know precisely the size of the bumps or gradient of the slope. In a good lesson on overcoming fear, he asked a student, John, who was in a panic at the top of a slope, what frightened him most about what he saw. At first John expressed hate for the whole scene, but when pressed, he saw that the trail he imagined as "almost straight down" was only about 20 degrees off horizontal. John was asked to analyze the bumps he was so scared of and there, too, he found he had greatly exaggerated their size. Finally, Gallwey asked him if he were going to go down the slope, where he would make his first turn. And the second turn. And as he asked, John pictured the run, started to smile, and skied off. The achievement John felt afterwards was not only that he had completed the run without falling, but also that he had triumphed over fear.

In other words, if you can face the fear head on, analyze precisely what is making you afraid, instead of imagining and exaggerating the terrors, you are halfway to conquering that fear. What it takes is awareness of what you are confronting, not imagination.

The fear of looking foolish, another inhibiting weapon of Self 1, is based on another mental obstacle played in the Inner Game. Overcoming this means *shedding your self-image*.

If you believe that you are not well coordinated, or that you are scared, or that you aren't a good ballplayer, what proof do you have? Have you ever had an experience that refutes your belief? Most people have at some times experienced playing or skiing well. "Do you believe your experience, which has shown you you are capable of more, or do you believe your self-image?" asks Mr. Gallwey. The simple solution is to try to experience your skiing or tennis or golf *as it really is*, without the "help" of Self 1. Then you can discover what Self 2 can actually do.

If you believe that you simply can't do it, stop concentrating on it—simply trust and be aware. Remember that your body knows what to do. It's done it before. There's nothing right or wrong about it—the criterion is what's enjoyable and what's not enjoyable; what's in harmony with your body and what's not in harmony. "You're not a bad person for falling or hitting the ball out. You are simply experiencing playing the game—and that is how you learn."

It is not difficult to see how these techniques for skiing, tennis, and other physical activities can be applied to everyday life. For instance, by practicing body awareness on the ski slopes or on the tennis court, you can learn to listen to your body rather than the criticism of Self 1. You may feel you cannot get through the day, but when you actually do get through the day, it's *experience*, not the conceptual expectation that helps you develop your true potential. If you practice handling fear while on skis, you can use that skill, too, in other ways. If you are afraid of going to a cocktail party, for example, use the Gallwey technique: Imagine yourself at the party and what terrible things might happen; analyze what is making you afraid. Not being dressed right? That no one will talk to you? Has that really often happened to you? Sort out the reality from the illu-

Continued on page 157

Beauty and health products new this month in the stores

A gift of fragrance during the holidays, besides being traditional, is also a versatile way to express your feelings. Here are three new ones, bound to become classics soon. The first is from one of the most romantic fashion designers of the decade, **Oscar de la Renta.** His signature fragrance is an intense floral that blooms and mellows at the same time. Some of the flowers in it are narcissus, orange flowers, rose, and jasmine. Some of the spices—clove, nutmeg, even a hint of basil! For Christmas, petals in crystal have been fashioned for the bottle's top, with even a crystal dewdrop. A single ounce in the special bottle—only 500 will be made—will cost $275. Otherwise you can have it for $80 an ounce, $30 the quarter-ounce; eau de toilette, from $15 to $45. At Saks Fifth Avenue and Neiman-Marcus.

The other two fragrances are modern, elegant, and, here's a promise, will be very much noticed. One's for women, **Chicane,** and one's for men, **Eau Cer drée,** both by *Jacomo*. They're best de scribed as "sports" fragrances, both bein clean and brisk at the same time—ex cellent staying power, too. Both $50 a ounce in square cubes; colognes start a $15. At Bloomingdale's, Bonwit Teller and B. Altman.

Another special surprise for Christ mas is called **Soap and Flowers.** Th flowers part is a delicately printed terry washcloth in the same apricot, pale yel low, and celadon green pattern that cov ers *Clinique* products. The soap part is a hefty 5-ounce basic soap bar in its handy green travel case. The set is $10. Look for it at fine stores across the country.

A unique coloring stick for both lips and cheeks is new from *Germaine Monteil*. The stick comes in a slim, enameled case, the formula is light, and the color sheer. The one to work with your makeup today is the **Uni-Color Stick**—no color of its own, but once on your skin it slowly deepens according to your natural warmth. Seductive. **Regime Lip and Cheek Stick** comes in seven more shades, $5.50 each, at fine drug and department stores.

Makeup and skin-care experts alike insist that your makeup be removed before you retire for the night. But it doesn't always happen. What's worse is that the eye area is the most fragile and it takes the brunt when makeup stays put. **Fresh Lash** by *Maybelline* is a 24-hour lash-conditioner-and-mascara-in-one. Of course, you *can* take it off, but if you don't, at least your lashes will be lubricated. The mascara comes in three shades, $1.85 at drugstores everywhere.

Another two-in-one that's a present for men: a handsome chocolate-brown leather pouch bag with shoulder strap and two buckles in front is the cover for *Yves Saint Laurent's* **after shave, cologne, shaving foam, shampoo, and texturizer/conditioner** in small, 2-ounce travel sizes. The field bag doubles for camera carrying, anything, really. $45 at men's fragrance counters in fine department stores. Happy Holidays!

PAULA RICE JACKSON

Astrological guide to your fragrance

The Sign: **Sagittarius**
(circa November 22—December 21)
Element: **Fire**



The Sagittarian likes a challenge. Gifted with enthusiasm, vitality, and a lifelong youthful air, these intrepid individuals regard physical activity and travel as essential interests. "I see" is the key phrase. They like living with decorative objects from foreign countries. The Sagittarian love of freedom suggests the fragrance **Yendi**, by *Capucci*. **Givenchy III** has a silvery scent with grand allure and spirit. New **Bogart** is a virile brew for the dashing male.

MARIA REACHI

What's for dinner, Honey?



They need me.

Am I doing it OK, Mom?

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HOW TO KEEP YOUR

HOLIDAY PLANTS BLOOMING

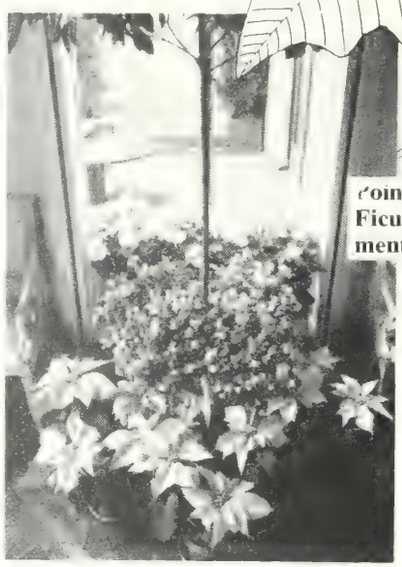
Tips on year-round care for 5 Christmas favorites—BY RICHARD LANGER

Giving something green and flowering in the holiday season has always been popular. Plants add splashes of color to the dark, winter nights and are gifts of lasting pleasure—or they should be. Unfortunately, many plants rarely make it past the season of their giving, because, unlike blenders and skis and other holiday presents, all too often they come without instructions. Given the right care, though, most holiday plants can last for years, renewing their special effect each season.

CYCLAMEN

Though it is often thrown away after its winter flowers have faded, cyclamen can be saved to blossom again, sometimes even more spectacularly the second or third time around. The secret is cool nights. Put your plant close to the window pane in winter, and not only will the flowers bloom for months, but the plant will be off to a fine start for the following year. Keep the plant's sandy soil moist but not soggy, and when you douse your cyclamen, be sure you water well enough for some excess to seep out at the bottom of the pot. For best growth the plant needs a bright location, which is easy enough to provide close to the window. On the other hand, the midday sun should not strike it directly. A winter sun might not be anything for mad dogs and Englishmen, but at noon it can burn your cyclamen's leaves.

When the flowers stop arriving and the leaves begin to die, put your cyclamen aside in a cool dry place till the following fall. Traditionally the pot is then placed on its side rather than being left in its normal position. Why, I have never been able to determine. Perhaps it is to remind one not to water it. Still, it shouldn't be allowed to become bone dry, and I like to mist the outside of the pot weekly during the resting season.



Poinsettias clustered around a Ficus in Enid Haupt's apartment hallway at Christmas

At the end of August, place the pot in its old spot by the window and start a regular routine of watering and fertilizing. Soon leaves and new buds will herald the advent of another holiday season.

GARDENIA

Certainly no plant brings more fragrance to a room than a gardenia—and probably none brings more problems. Still this flowering bush is well worth cultivating. Either you'll be wildly successful with it or you'll fail completely. In either case, when the plant is bought in bud, the initial flowers rarely stay for long. Once acclimated, however, the plant can produce an unforgettably romantic display. The gardenia is sensitive to cold drafts, overheating, and low humidity. Its ideal environment (assuming you don't have a greenhouse) is a sun porch whose temperature does not fall below 45 degrees in winter. But the plant can do well indoors as long as the humidity stays above 50 percent and the temperature does not slip much over 70 degrees. Keep the soil evenly moist and well fertilized. The leaves too should be fertilized. When their high iron demand is not met, they mottle yellow. Spraying them with a chelated iron solution, usually available under the brand name of Sequestrene, solves the problem.

To bloom next year, your gardenia will need to summer outside. Keep it in a cool shady spot, and remember a pot in the garden will dry out twice as fast as one indoors. Be sure to check the soil's moisture regularly. A once-dried-out gardenia will be a hopeless case for years, if indeed it survives at all.

KALANCHOE BLOSSFELDIANA

This striking small plant with its thick succulent leaves and bright scarlet flowers is almost as much a part of Christmas as poinsettias. And although it's easier to grow and less temperamental than the poinsettia, the key to getting it to bloom is the same: short winter days.

After the flowers have bloomed their brightest and at last faded, cut off their stalks and place the plant in a sunny window where it can add to its foliage in preparation for next year's growth. Water well, but let the soil become quite dry before you do so again. Fertilize regularly throughout spring, and add a teaspoonful of bone meal sometime in June as a summer treat. Stop fertilizing in September, and limit the plant's exposure to bright light to no more than ten or twelve hours a day. Kalanchoe isn't as much of a photophobe as the poinsettia, and there's no need to put

(Continued on page 38)



Tuberous begonias on a California porch



Kalanchoe—keep warm, dry Gardenia—keep humid, moist Cyclamen—keep cool, moist

SUSAN McNEILL

VO

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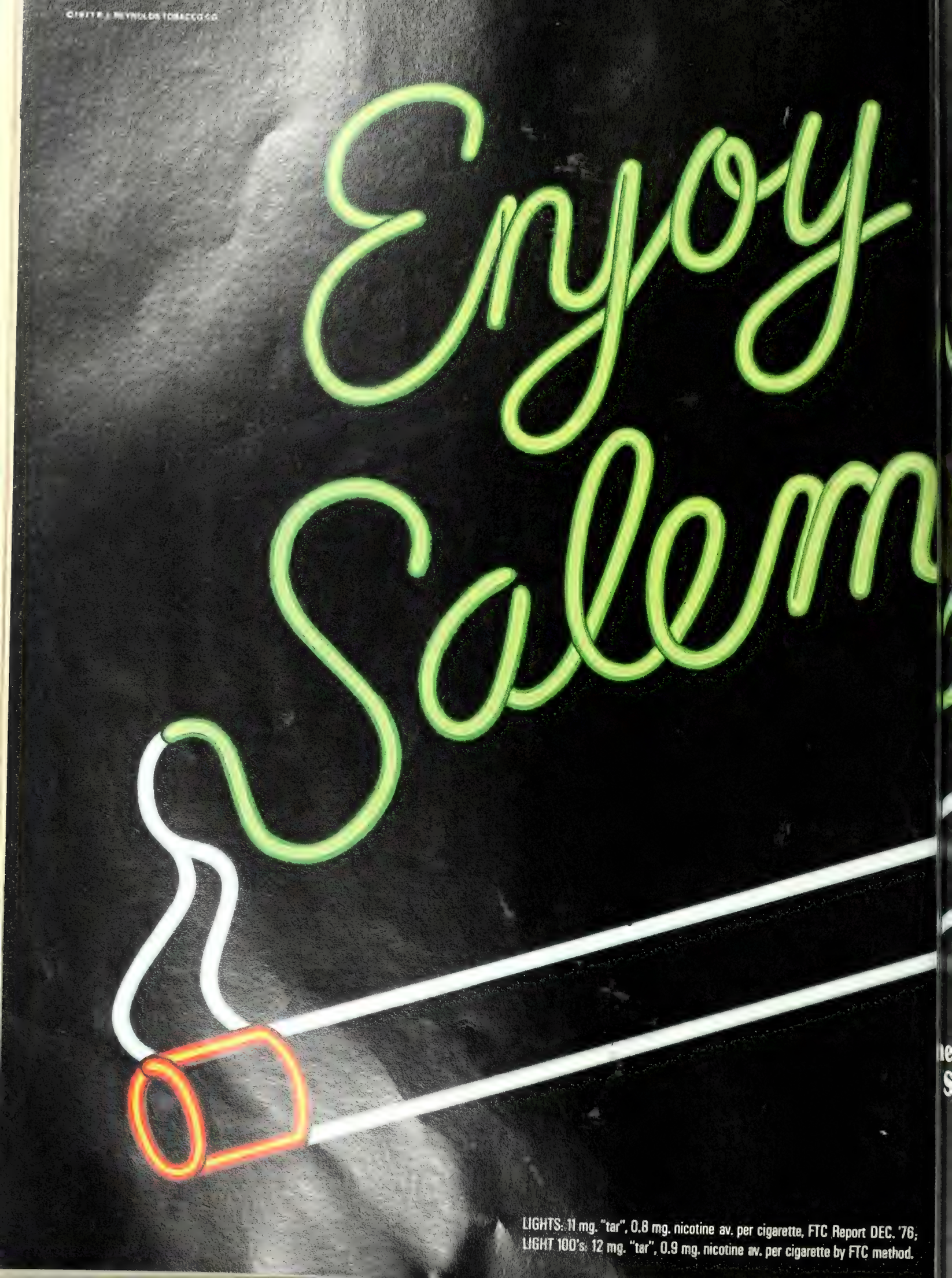


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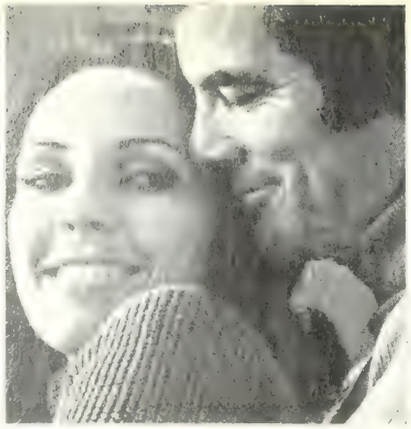
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The Edison Comfort Sensor. The ideal whole-room heater. At retailers everywhere.

McGRAW-EDISON

Edison

continued from page 30

the plant in a dark closet every night. But do move it to a spot where it will not be flooded with artificial light during your evening activity. Flowers should appear by late December if night temperatures in the plant's vicinity have been falling to the 55- to 60-degree range.

POINSETTIA

Grown as a hedging or garden plant in its native Mexico, the poinsettia is the plant spirit of Christmas. Be forewarned, however, here's one gift plant that will rarely look the same again unless you can give it the greenhouse doting the florist did. It is possible to keep a poinsettia over the years and induce it to bloom again. Some people even manage to get it to look better than the first time around, but they are definitely the lucky minority. Keep the poinsettia's soil on the dry side once the flowers—or, more properly, the bracts—go. Those bright red "flowers" we all admire are actually modified leaves; the true flowers are those undistinguished little yellow beads in the center. When the spring nights begin to stay above 50 degrees, set the pot outside. Then, after a week or so, cut back about half the green growth. Keep pinching back, and fertilize regularly.

Once you bring a poinsettia indoors in fall, it must never have more than ten hours of light a day. Either put the plant in the closet, come evening, or cover it with a black box—forget the cover one night and chances are your flowers will not materialize for another year. Buds should form by the end of November, at which point the plant is no longer so light fussy. Even then, however, putting on the night shade will aid in producing bigger blooms. All in all, in the case of poinsettias, it's easier to start with a new plant each year.

TUBEROUS BEGONIAS

While begonias as a whole are some of the easiest of all houseplants to care for, the tuberous varieties tend to be a bit touchy. They require high humidity, diffuse light, and night temperatures below 60 degrees for the longest-lasting flowers. Keep the soil constantly moist but never soggy, and pinch off the flowers as soon as they fade. Once the season and the begonia flowers have passed, trim the plant back. Keep it in a bright, cool place where the humidity remains high. Fertilize regularly through March.

The begonia tuber becomes dormant in spring, at which point it should be stored like the cyclamen. Although the soil should be allowed to become quite dry, make sure it has enough moisture in it to keep the tuber nice and plump. Dormancy lasts only a month or so. Once new growth begins, repot the tuber, using rich humusy soil. Keep it as cool as possible in the summertime, and pinch the plant back through the middle of August so it develops into a bush. It should start blooming in November. ■





Sally's only 11, but she's already planning her own room around this Ethan Allen drop desk.





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Meet Stephanie, Fred and Sally Rensing. First in a series of stories about the kind of people who furnish their house, their way, at Ethan Allen.

"I've got more ideas than I know what to do with! For me, the hardest part is finding the furniture to express those ideas. The minute I walked into Ethan Allen, I knew I was going to find everything I wanted.

For example, a sofa you can put your feet up on, and relax. That's Fred's idea of what a sofa should be. I agree. Who wants to feel like a guest in his own house! When I saw this Tuxedo sofa sitting next to its matching loveseat in one of Ethan Allen's room settings, I knew it was right for us. Who would have thought you could furnish a whole living room at such a comfortable price.

There's just no end to the help you can get at Ethan Allen. Yet, I get the feeling Ethan Allen really respects my judgement. I wouldn't go anywhere else, because it's the one store that helps me be my own decorator."



The Ethan Allen interior designer helped me pick this fabric and figure out the measurements so the sofa fits exactly. It looks made to order–for a lot less than we expected to pay. And what a find this rug was!



Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE YOUR WAY.

LOOK US UP IN THE YELLOW PAGES

CALCIUM:
THE BACKBONE OF MINERALS



BY ELOISE R. TRESCHER, R.D.

You and your family can benefit by learning about calcium

Calcium to many is that glass of milk your mother told you to drink to build better bones. But calcium is much more than a glass of milk—although milk, in all forms, is still the best source of this important mineral.

Everyone should learn more about calcium, as calcium really cares about you from bones to blood. There are more than 100 known elements, and of these calcium (Ca) is present in the largest amounts in the adult human body —2 to 3 pounds or about 900 to 1,200 grams. Approximately 99 percent of this is in the bone structure and provides the hard part of your bones and teeth. The 1 percent of calcium *outside* your skeletal structure is in the soft tissues and extracellular fluids.

Contrary to common belief, bone is not fixed, even in adult life. There is a constant altering of its structure by two different kinds of cells. The osteoblasts deposit fresh calcium salts where they are needed, while the osteoclasts erode excess calcium deposits. As hard as bone seems, it is being formed and reabsorbed continuously in your body. About 700 milligrams (mg) of calcium enters and leaves the bones of the healthy adult every day.

The level of calcium in the blood is maintained with amazing precision at about 9 to 11 milligrams per 100 ml. in each adult. This relatively small amount performs an immensely important role. It is necessary for the coagulation of the blood (blood clotting), muscle contractility and relaxation, nerve impulse transmission, myocardial (muscular tissue of the heart) function, the integrity of intracellular cement substances and various membranes, and the activation of several enzymes. Calcium, indeed, is both a body builder and a body regulator.

Seventy to 80 percent of the calcium ingested is excreted in the feces, and smaller amounts in urine and sweat. That excreted in the urine varies widely, but research indicates that the amount is fairly constant for each individual.

Our bodies must absorb calcium to have this mineral work for us, and the absorption of calcium is augmented by vitamin D. In areas where there is abundant sunlight there is no need for vitamin D supplementation. In urban areas where pollution may partially obliterate sunlight or where the inhabitants are infrequently exposed to sunlight, vitamin D supplementation may be needed. Remember that vitamin D in excess of need is *toxic* and should be taken *only* when prescribed by your doctor. An adequate intake of lactose (milk is the only source), a low PH (hydrogen ion concentration, which indicates the degree of acidity or alkalinity) of the intestinal contents, the calcium to phosphorus ratio of 1:1, and the need for calcium favor the absorption of calcium.

Calcium is both a body builder and a body regulator. Our bodies must absorb calcium to have this mineral work for us

The level of calcium in the blood of healthy adults is always in balance throughout life. If an adequate amount is not ingested over a long period of time, the level of blood calcium is maintained at the expense of bone. Osteoporosis can occur at any age, but it is most common in postmenopausal women. Its symptoms are a shortening or shrinking of stature often accompanied by low backache and increased incidence of bone fractures.

Many reasons for this phenomenon have been postulated in addition to decreased calcium intake resulting in bone loss. Some of them are: poor absorption, poor utilization, loss of estrogens, and immobility. Each plays a part. Older people are less able to absorb calcium than the young. Infirmities may prevent them

Continued on page 44

Henredon



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Each piece is blown by mouth, and meticulously cut by hand, exactly the way it's been done for generations. In the ancient city of Galway, time passes slowly. So slowly, it takes days to craft a single goblet.

When a piece is finished, it is repeatedly examined for flaws by skillful Irish hands and knowing Irish eyes. So if you purchase—or give—a piece of Wedgwood Irish Crystal, you know it is the best. Or it wouldn't have our name.

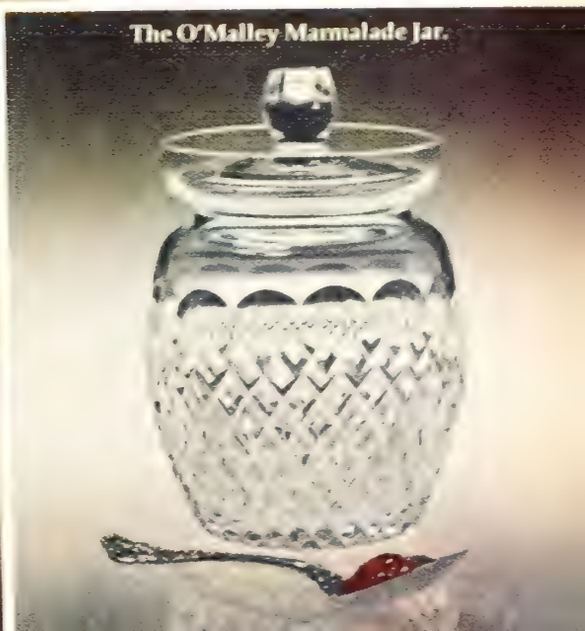
Stemware in 13 graceful patterns from $17 to $42 a goblet. Countless gift accessories from $10 to $650. At selected fine stores. Send for free brochure.

Wedgwood Irish Crystal *from Galway*

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"21" Brands, Inc., N.Y., N.Y. 56-84 Proof Liqueurs. ©1977 "21" Brands, Inc.

The beauty secret that keeps Royal Velvet towels young.

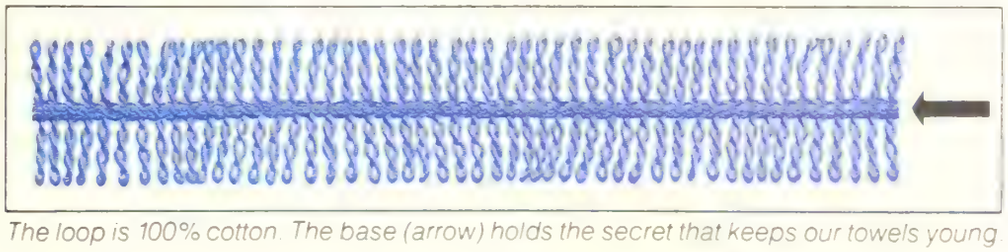


Our secret is invisible. It's locked in the weave.

You can't see our secret. But it's what makes Fieldcrest towels resist shrinking, puckering and tearing while they keep their shape through use, through laundering, through all the punishment a towel is asked to take.

Fieldcrest towels start out in life and stay just as absorbent as any towels you've ever owned. That's because only cotton touches the skin. Soft, thirsty 100% cotton. That's no secret. But—we know that cotton alone isn't enough to keep a towel young. So in the part that *doesn't* touch the skin, we lock in the polyester reinforcement it takes to help keep a towel young and bouncy and beautiful. And we do it with every towel we make.

You see, we don't think any towel should start showing signs of middle age just when it's in the prime of life. And that's our secret. Isn't it beautiful?



The loop is 100% cotton. The base (arrow) holds the secret that keeps our towels young.

the Lasting Impressions of Fieldcrest®

Fieldcrest, 60 West 40th Street, New York, N.Y. 10018

calcium should be included in your daily diet.

Authorities vary as to *exactly* how much calcium an individual needs. For example, the Food and Agricultural Organization of the World Health Organization (FAO/WHO), suggests that "400 to 500 milligrams per day" of calcium seems "a practical allowance" for adults, as in countries where these amounts are usual, little evidence of calcium deficiency exists. The committee adds, "The usefulness of exceeding this has not been proved. In a number of countries the average intake is considerably higher, in some cases as high as 1500 mg. a day. There is no evidence that such a high intake is undesirable, but neither is there any indication that raising calcium above 1 gram will serve any useful purpose."

Age (years)		Calcium milligrams
Infants	0.0-0.5	360
	0.5-1.0	540
Children	1-3	800
	4-6	800
	7-10	800
Males	11-14	1200
	15-18	1200
	19-22	800
	23-50	800
	51+	800
Females	11-14	1200
	15-18	1200
	19-22	800
	23-50	800
	51+	800
Pregnant		1200
Lactating		1200

This table is from the Food and Nutrition Board, National Academy of Sciences, National Research Council, Revised 1974

The Food and Nutrition Board states, "Studies have shown that men adapt, with time, to lower calcium intakes and maintain calcium balance on intakes as low as 200 to 400 mg. a day, and further, that a higher proportion of calcium is utilized when intake is low than when it is liberal. However, most of the national groups cited as being in equilibrium on such low-calcium intakes either live in tropical or semitropical areas with abundant sunlight or may well have unrecognized sources of calcium in the diet [FAO/WHO 1962]. It is therefore unwise to recommend such low calcium intakes."

If foods were listed in the order of their calcium content, milk in its various forms would lead the list followed by dark green leafy vegetables. On page 48 you will find a list from the U.S. Department of Agriculture Home & Garden Bulletin No. 72 for your kitchen memory board, telling the amount in milligrams of calcium found in a wide variety of food.

It is easy for you to see that milk is our best source of calcium. Include at least two glasses in your adult diet each day, either as a beverage, on cereal, in homemade breads, in casseroles, in soups, or in milk desserts. By choosing the remainder of your diet from a wide variety of foods from the four groups all your nutrient needs can be met.

Here are three delicious recipes with calcium in mind:

Mrs. Joe Hume Gardner's Scalloped Cabbage with Nutmeg Sauce

INGREDIENTS

1 small head cabbage, coarsely shredded
2 tablespoons butter or margarine

Continued on page 48

"Let us make this moment in time that we share—a thing of beauty. Let us fill our finest cups with wine and celebrate our love of life."





You can afford to celebrate everything with Cristal d'Arques. The Cristal d'Arques Collection. Fine French crystal. Affordably priced.

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Valentine Seaver
division of KROEHLER

6 tablespoons grated Parmesan cheese
1 tablespoon lemon juice

am cabbage until tender, but still crisp. Melt butter in saucepan. Stir in flour.

Remove from heat and gradually blend in milk, stirring until smooth. Add salt, pepper, and nutmeg, stirring constantly until thickened. Add 4 tablespoons cheese and stir until melted. Remove from heat and stir in lemon juice.

Place cabbage in greased baking dish. Pour over sauce. Top with remaining cheese and a light sprinkle of nutmeg. Bake in hot (450°) oven 6 to 8 minutes, until top is golden brown. Serves 6.

Mrs. William W. Magruder's Broccoli Mold

INGREDIENTS

2 10-ounce packages frozen chopped broccoli
2 tablespoons unflavored gelatin
1 10½-ounce can consommé
2 tablespoons lemon juice
1 teaspoon red hot sauce
½ teaspoon salt
½ cup mayonnaise
3 hard-cooked eggs, chopped
½ cup celery, chopped (optional)
½ cup slivered almonds

METHOD

Cook broccoli according to package directions. Soak gelatin in ½ cup consommé for 5 minutes. Heat remaining consommé. Add to gelatin mixture. Stir to dissolve.

Drain broccoli. Combine remaining ingredients. Add consommé/gelatin mixture.

Pour into mold and chill until firm. Unmold onto platter of salad greens. May be garnished with black olives, cocktail tomatoes, or whatever is handy. Serves 8 to 10.

Mrs. John M. Young's Buttermilk Dressing

INGREDIENTS

2 cups mayonnaise
1¼ cups buttermilk
½ teaspoon garlic salt
1 teaspoon Worcestershire sauce
Dash of Tabasco
4 ounces blue cheese

METHOD

Mix all ingredients in blender, putting in cheese last.

The three recipes are taken from the new 1977 Stratford Hall Cookbook ($6.60 ppd.). To order, write Stratford Hall, Stratford, Va. 22558.

Food	Amount	Calcium Milligrams
Milk (whole)	1 cup (8 oz.)	288
Buttermilk	1 cup (8 oz.)	296
Milk (skim)	1 cup (8 oz.)	296
Half-and-half	1 cup	261
Light cream	1 cup	203
Heavy cream	1 cup	179
Cheese		
blue or Roquefort	1 ounce	89
Camembert	1⅓ ounce (1 wedge)	40
Cheddar	1 ounce	213
cottage	2 ounces	54
cream	1 ounce	18
Limburger	1 ounce	167
Swiss	1 ounce	262
processed	1 ounce	198
Broccoli, chopped and cooked	1 cup	136
Collards, cooked	1 cup	289
Dandelion greens, cooked	1 cup	252
Turnip greens, cooked	1 cup	252
Spinach, cooked	1 cup	212
Mustard greens, cooked	1 cup	193
Kale, cooked	1 cup	147
Endive, escarole, raw	1 ounce	23
Asparagus, cooked	1 cup	30
Cabbage, cooked in small amount of water	1 cup	64
Cabbage, raw and shredded	1 cup	23
Carrots, cooked, diced	1 cup	48
Celery, raw, diced	1 cup	39
Clams, raw, meat only	3 ounces	59
Oysters, raw, meat only	½ cup	113
Salmon, pink, canned	3 ounces	*167
Sardines, canned	3 ounces	372
Shrimp, cooked	3 ounces	98
Crab meat, canned	3 ounces	38
Beef, lamb, pork, poultry	3 ounces	7 to 10
Molasses (cane) light, first extraction	1 tablespoon	33
blackstrap, third extraction	1 tablespoon	137
Honey, strained	1 tablespoon	17
Sugar, granulated	—	0
Beans		
navy great	1 cup (cooked)	90
kidney	1 cup (cooked)	70
lima	1 cup (cooked)	80
snap	1 cup (cooked)	63
Peanuts	10 jumbo	13
Peanut butter	2 level tablespoons	18
Almonds	10	23
Brazil nuts	8 medium	25
Bread, whole-wheat	1 1-ounce slice	32
Bread, white enriched	1 1-ounce slice	25
Pumpernickel	1 1-ounce slice	27
Egg yolk	1 large	24
Strawberries	1 cup	31
Orange	1 large	81
Orange	1 medium	65
Orange	1 small	52
Orange juice	1 cup	25
Cantaloupe	½ (5-inch dia.)	38
Apples	1 (3 per pound)	10
Waffle, made with enriched flour	1-2½ ounces (4-inch dia.)	85
Waffle, made from mix, enriched, egg and milk added	as above	179
Wheat, shredded	1 biscuit	11
Spaghetti, cooked	1 cup	32
Spaghetti, home recipe with meatballs and sauce	1 cup	124
Spaghetti, canned	1 cup	53

**If bones are discarded, calcium value will be greatly reduced*

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Only 9 mg. "tar" in both sizes.

And KOOL's refreshing coolness, too.

At last, a low "tar" menthol cigarette with satisfying taste.



KINGS LONGS

9 mg. 'tar' in both sizes.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



If you want a healthy cat, start with a healthy kitten.

If you want your kitten to grow into a strong, healthy cat, there are some things you should know.

Kitten Chow® for the first year.

Most people don't know it takes a whole year for a kitten to become a cat. And that's a lot of growing—from a baby, to a child, then to a young adult in just 12 short months.

That's why we made Purina® Kitten Chow® kitten food with all the extra nutrition kittens need during that critical first year.

Extra vitamins for bright eyes and a shiny coat.

Extra minerals for strong teeth and bones. And 35% protein for good strong muscles.

Cat Chow® forever.

Grown cats also have very special needs. Your cat needs a good balanced diet to help stay healthy.

Purina® Cat Chow® cat food is high in protein. That's important because cats need proportionately more protein than people.

With Cat Chow cat food, you don't need to give your cat extra vitamins and minerals.

It has all that's necessary for strong teeth and bones; for rich blood and good skin.

To help keep your cat healthy follow this rule—Cat Chow for health.

For your pet's health... see your veterinarian regularly ®



Kitten Chow the First Year.

Cat Chow Forever.

YOUNG DISCOVERIES

Festivity in a museum, teething problems solved, and a quick Christmas how-to



Party dolls

If you live around Washington, D.C., you can put on a children's Christmas or birthday party that is really different at the *Washington Doll's House & Toy Museum*. Here, Flora Gill Jacobs displays her unique collection of antique doll houses, toys, and games. The oldest doll house is a German Nuremberg kitchen dating from the 1700s. The museum welcomes up to twenty children for a party which begins with a tour of the six-room museum. The party menu for lunch at antique ice-cream tables in the palm-filled "Edwardian" tearoom includes tea sandwiches, cake, ice cream, and lemonade at $7.50 a child, or afternoon parties without sandwiches at $6 each. Games and prizes follow. Special invitations can be sent to each guest. Open 11-5 Tuesday–Saturday, 12-5 Sunday. Closed Monday. Washington Doll's House & Toy Museum, 5236 44th Street, N.W., Washington, D.C. 20015



No fear of the dentist

Left: audio-visual program. Below: Dr. Weinman with patient.

Children now have their own dentists called pedodontists, who have specialized in child dental care. The philosophy behind pedodontics is to educate the child in dental hygiene, to teach prevention of decay, and try to eliminate the fear of pain during treatment.

New York pedodontist Dr. Henry Weinman has a bright and cheery office off Washington Square West designed by Marsha Katz with youngsters in mind, including child-size dental chairs. A mural in the sitting room is full of wonderful jungle animals with movable legs and arms. A planter is used as a space divider between two working areas so that there is no feeling of isolation for the patients.



The first visit is done with great care. Before meeting the dentist, the child and parents are shown a short video tape, carefully examining and explaining the office and the dental instruments. In addition there is a video, mainly for the parents, emphasizing the importance of primary teeth and the necessity of decay prevention.

Dr. Weinman uses the show-tell-and-do method—telling the little patient what will happen "so that there are no mysteries, no surprises."

Though pedodontics is a relatively new specialty, "Pedodontists" can be located in the yellow pages all over the country as a subheading under "Dentists."

Big game: elephant purse



With a quick bit of handiwork you can crochet this elephant shoulder bag as a last-minute child's Christmas present. All you need is approximately three hours, three colors of yarn, a shoe-button eye and the instructions from Sukey Bullard and Vicki Romaine. Send $2 to Sukey, 220 Cabrini Blvd. (Apt 2K), New York, N.Y. 10033. ■

Fever?

St. Joseph Aspirin for Children is the one children's doctors recommend most.* Exact children's dosage. Fast acting. Pure orange flavor.



Thank goodness for St. Joseph.®

Who knows more about children's medicine?



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New PPG Solarcool glass for homes is a beautiful way to cut air conditioning costs.



Until now, PPG Solarcool Bronze reflective glass was used mainly for commercial buildings and institutions.

Now, it's available in ⅛-inch thickness, which makes it practical for homes, too.

In this model home nestled in the foothills above Anaheim, California, PPG Solarcool reflective glass looks perfectly stunning. But it has a practical side, too—the inside. Compared to clear glass, PPG Solarcool Bronze reflective glass delivers a 15- to 18-percent energy saving in air conditioning in this house—by reducing heat gain from the brilliant Southern California sunshine. (Data based on PPG computer energy analysis of this actual model. In other locations, savings could be even greater.)

In the daytime, the subtle, mirrored facade of Solarcool sharply reduces visibility from the outside: when you're inside, you can enjoy comparative privacy.

At the same time, it's a lot nicer to look out at all the sunlit flowers because the glare is cut down. And ultraviolet light, a major cause of interior fading, is greatly reduced.

Your builder or remodeler will appreciate the fact that it's in ⅛-inch thickness—standard for residences. It's practical for them to work with because it can be cut, fitted and fabricated into insulating units right in your own area.

Why not get the advantages of PPG residential Solarcool reflective glass. Write for our free 8-page color brochure. Or ask your PPG distributor or dealer for all the money-saving details.

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With KitchenAid®,
the dishes come out clean
no matter who loads them.



The KitchenAid Load-As-You-Like Dishwasher.

That's the whole idea of a dishwasher, isn't it, getting the dishes clean? But with KitchenAid it's more than that. It's getting dishes clean no matter where you load them.

That's why there are wash arms above and below both racks for all-around cleaning. And why the KitchenAid Superba has an adjustable upper rack so you put pots and pans in both racks at the same time.



And speaking of pot cleaning, that's where the KitchenAid Superba really shines. Its pot cleaning cycle—Soak 'n Scrub™—soaks pots, then scrubs the loosened food soil away with powerful streams of water. A built-in Soft Waste Disposer means you don't have to pre-rinse.



People who own dishwashers say KitchenAid is the best. And now, loading a KitchenAid has never been easier and cleaning with a KitchenAid dishwasher has never been better.

For a quiet, dependable, energy-efficient dishwasher, see your KitchenAid dealer. He's listed in the Yellow Pages under "Dishwashing Machines."

KitchenAid®
People say it's the best.

DEAR HOUSE & GARDEN...

Answers to your questions. Here we share some interesting letters from our readers

Ever green

Are there ways to help keep a live cut Christmas tree fresh?

—M.M., New York, N.Y.

Forester Raymond Foulds at the University of Vermont Cooperative Extension Service suggests: If you can't get to a tree farm to cut your own tree (ideal), buy a tree that's been shielded from wind and sun, with flexible needles and minimal shedding when you stamp butt on ground. As soon as you get home, cut 1 inch squarely from bottom with sharp saw to open up the tree for watering. Put at once in stand that holds at least ½-gallon water; better yet, over 2 gallons, like the "4-Brace" galvanized steel stand by Gunnard, which takes up to a 5½-inch-diameter butt (the model 16, $13.75 ppd. from The Gunnard Co., 6463 Lyndale Ave. South, Richfield, Minn. 55423). To prolong freshness, spray with "Wilt-Pruf" spray, which reduces water evaporation through the needles (12-oz. can, $3.98 ppd. from Mellinger's, 2338 West Range Road, North Lima, Ohio 44452). Let dry before stringing lights. Keep tree cool—away from fireplaces, radiators. If you want to increase tree's fire-resistance, mist it with solution of 9 ounces Borax and 4 ounces pharmacy boric-acid crystals or powder in 1 gallon warm water before "Wilt-Pruf" treatment.

Bare is beautiful

I love the bare floors in Giorgio Sant'Angelo's apartment [October 1977], but how does he keep them clean?

—B.B.R., New York, N.Y.

Giorgio Sant'Angelo's bleached oak floors get their rosy glow from a monthly glycerine treatment. "I buy glycerine soap in quantity, soak it in water until it's a paste, then sponge it into the wood grain. It gives the wood a beautiful amber color and a divine smell," he says. "It's also very easy to damp mop." Every other month he applies a thin film of Danish Watco oil to give the wood a soft luster and durable stain-resistant finish. "Most surface stains wipe off with fine steel wool dipped in the same oil." You can order a gallon of 99 percent glycerine soap for $15 plus U.P.S. shipping charges from Berg Chemical Company,

Continued on page 66

Finally. Beauty that isn't fragile.

Temper-ware

BY LENOX®



The strongest ovenproof dinnerware money can buy.

We're being downright hard on our Temper-ware to prove that it's stronger. In fact, it's so strong that you can actually take it straight from an icy freezer into a broiling oven. Without defrosting first. And that's just not true of most ovenproof dishes.

You'll be glad to know you can put Temper-ware into the dishwasher without fear. And you can even use it in a microwave oven. Again, something you cannot do with all ovenproof dishes.



Feel assured. Temper-ware by Lenox is the strongest dinnerware on the market.*

And just so you're positively certain about it, every piece comes with a warranty against breaking, chipping, cracking and crazing for two years of normal use.

Best of all, Temper-ware is beautiful. It enhances your food and graces your table. Temper-ware is strength and beauty combined. By Lenox. For your enjoyment.

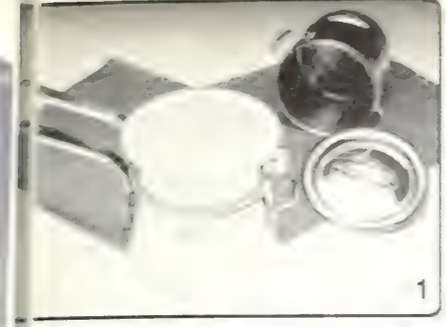
Pattern shown: "Quakertown." Write for your free Temper-ware color pattern brochure to Lenox, Trenton, New Jersey 08605.

*Strength as measured by modulus of rupture test—the most reliable test for material strength in the ceramic industry.

The sign of a rare welcome all over the world.



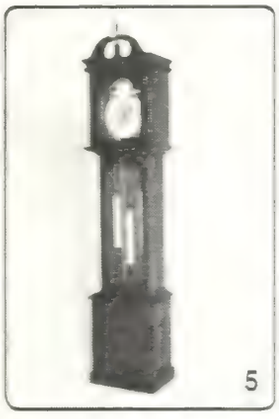
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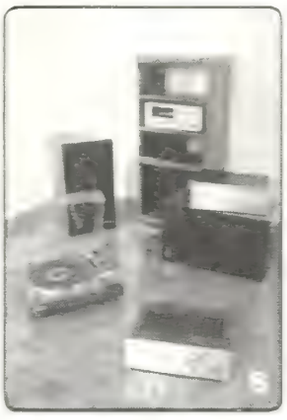

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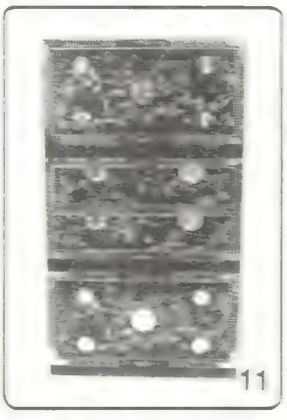

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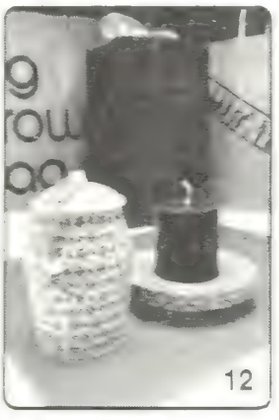

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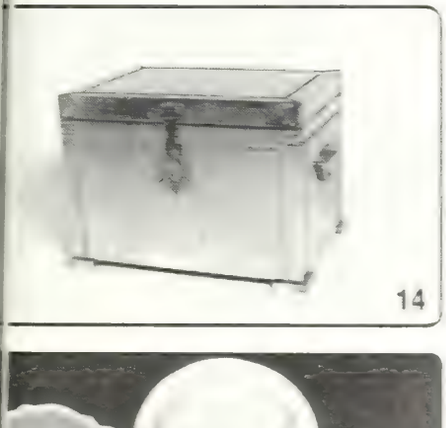

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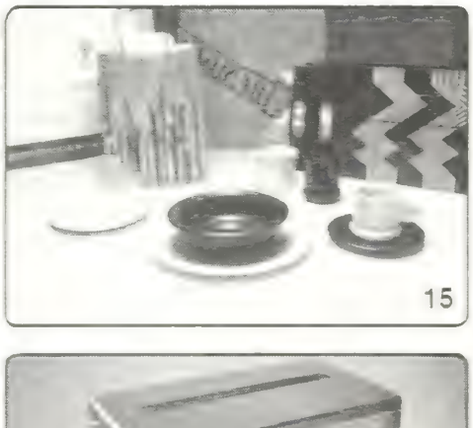

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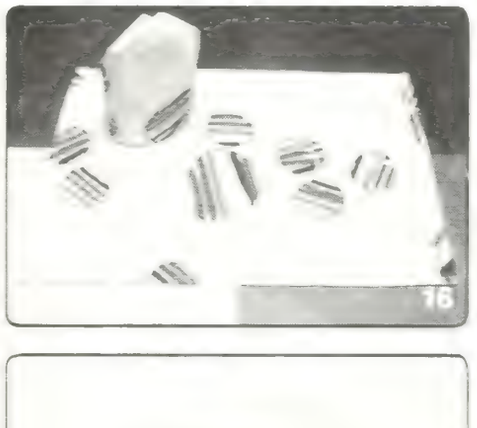

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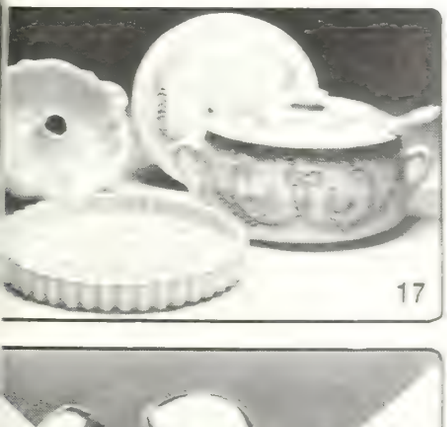

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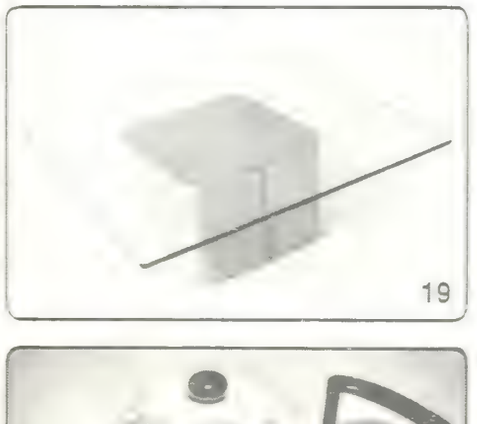

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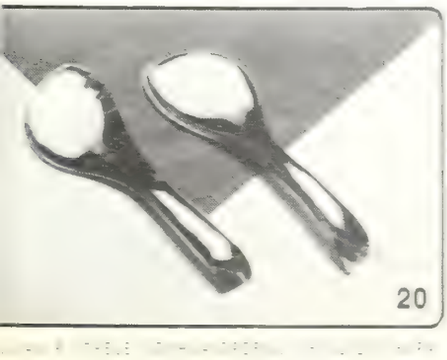

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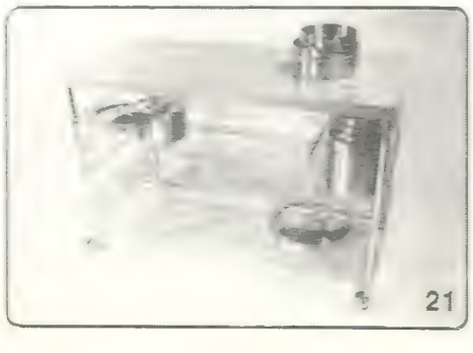

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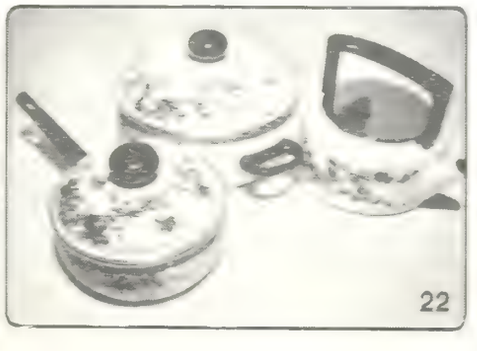

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GIFTS

Whether an antique chest or a system for sound, a house gift means cheer in every room, any season of the year. To learn about the twenty-two shown here, turn the page.

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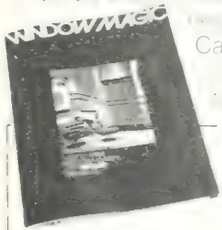
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RIVIERA BLINDS BY LEVOLOR

House gifts

continued from preceding page

1. Gleaming copper steamer, "Bain Marie" from France works wonders with vegetables. Banded porcelain insert with bronze handle converts copper pot to a double boiler. By Charles Lamalle. $180.96 at Thomas E. Cara; Hubert des Forges' Meuniers.

2. Brass pulls on a five drawer Chinese-style altar table. Adaptation of an antique in maple with primavera wood veneers. 6 feet of serving space, here in cordovan finish; also available in export red. By Century Furniture. $688 at W & J Sloane.

3. Make your kitchen a "Culture Center"—peep through smoke-tinted cover as **yogurt maker** yields 1½ quarts of perfection. Consistency guide, time-reminder dial, and thermometer/measuring spoon let you have it your way in six heat-resistant glass jars with plastic snap-on covers. $19.95. By Hamilton Beach.

4. Brass kerosene lamps globed in clear glass chimneys shed a cozy December glow or romantic patio lighting all summer long. Pot-bellied, 11 in., or slim, 13 in., $55. At Arango.

5. Chime in the New Year with tradition—brass and chrome highlights on a walnut **Early American grandmother clock.** Westminster chime at the quarter hour, Big Ben at the hour. 6 feet high. By Ridgeway. $569 at Meadowbrook Furniture.

6. Streamlined sound to stack in walnut veneer case—CE-3 Component Ensemble, **complete stereo system** including amplifier, tuner, speakers, cassette deck, turntable, headphones, cartridge—a movable musical feast with shelving. $1220 system/solution by U.S. Pioneer.

7. Wraparound wicker perched on chrome: **chair** cushioned in fudge suede with practical casters. Chromcraft. $200 at Bullock's; Burdines.

8. Ultra sleek, ultra efficient—300-watt-strong **food preparer** whips, beats, kneads, at 10 speeds, in a five-quart stainless steel bowl. Baked-on white or Golden Harvest enamel. $229.95. By KitchenAid. Coordinating food grinder, $25.

9. It's a tray, it's a trolley—this graceful **cherry wood tea cart** with removable butler's-tray top and a shelf below makes entertaining easy. $250 by Ethan Allen.

10. Pipe-dream lighting: These **spotlight stars** bend and stretch, reach all around your garden. Orange, yellow, green, or yellow and orange tube steel stripes; all are on stakes for portability. Imported from Italy. 36 in., $45; 16 in., $35 at Arango.

11. Chinoiserie chest on chest on chest. Brown lacquered door, drawer, and bar units stack to 6 feet of brass-trimmed storage, with mirrored back and shelf in the bar. $479, $419, $549. By Drexel Heritage.

12. Luxurious scents, lavishly wrapped: long-lasting Winter Nights Fragrance Candle and 12 ounces of Estée Bath Crystals in fan-and-flower Oriental motif dish and ginger jar. Blue and white beauties by Estée Lauder, $19 and $22.

13. Rich, natural patina on a rustic wheelback **Windsor armchair** of hard-rock maple. By Daystrom. $167 at Hess's; Kittle's; Phillips Co.

14. Treasure of a chest. Nailhead edging and lacquer finish on the 21¼-by-16-by-16-in. Spanish brass flip-lid trunk. Imported by Thomasville. $440.

15. Chunky chocolate and vanilla stoneware—glossy 20-piece service for four ($50) and 5-piece completer set ($30), stand up to dishwasher and oven, even microwaves. Ginger (taupe with chocolate) pattern by Toscany Imports. At Garfinckel's.

16. Bold paintbrush stripes in ring-toss circles scattered on an oatmeal background. **Tablecloth, napkins, mats, and runners** of 100 percent cotton, machine wash-and-dry—child's play. Multi-primary colors or pink and tan. By Joan Green. Placemat $4, napkin $3, runners $13 and $14 at Saks Fifth Avenue.

17. Pennsylvania Dutch "Bridal Quilt" pattern rings hand-painted and fired **soupière, quiche/flan pan, and fluted mold.** Old European glazing technique takes all three from oven to table to refrigerator, makes them microwave safe. By Amnion. $94, $23, and $22.50 at A Matter of Taste; Pour La Cuisine.

18. Toast in seconds or simmer food for hours—Meal Maker toaster oven handles both, and everything in-between, with new slow-cook dish and cover, nonstick broiler pan and handle, two oven racks, and baking tray. $75. By Proctor-Silex.

19. Classics squared: **Cocktail table,** 42-in. glass top on a **brushed stainless steel cube** has an understated beauty that blends with any decor. 15-in. high, radius corners. By Design Institute America. $633 at Kings World of Furniture; Stanley Furniture.

20. Sculptured pewter spades grace salads for all occasions. Hand-forged by Hilda Kraus, renowned pewter and enamel crafter, for the Kruger Gallery. $70.

21. Versatility is the big plus here—add or subtract wire shelves, dividers, posts, casters, butcher block. **Modular utility cart** adapts to your culinary needs, starts at $165 ($200 as shown, cookware not included). At The Professional Kitchen.

22. Delicate-looking "Botanica" trio for the no-nonsense chef travels freezer-oven-table, where it complements "Botanica" dinnerware. **Enamel-on-steel cookware** defies rust and food acids, speeds cleaning. No chips with stainless steel rims. Skillet with lid, and water kettle, $45 each; stewpot with lid $40. By Villeroy & Boch. ■

ALL PRICES APPROXIMATE; STATE, LOCAL TAXES NOT INCLUDED. POSTAGE OR SHIPPING EXTRA. STORE ADDRESSES PAGE 198



New shapes and forms. Sugar and Spice, new rich glazes rarely if ever achieved by the potters art. Designed by Niels Refsgaard exclusively for Dansk Designs.

In Niels' words: "The only way to really appreciate Nielstone is to go into a store to see it and feel it. It's the only product I've designed that I put my name on."

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DANSK

BOUND FOR PLEASURE

Lovers of the arts, nature, good food, animals, crafts. Books to learn from and books for the sheer enjoyment of a good read

BY JEROME H. DENNER

...presents. A natural ... sets of particular interest to their recipients (not necessarily to you), or ones that might pique someone into developing a whole new interest. You might consider:

The Arts—livelier than ever

A must for the lover of great art: **French Painting** (Abrams, an Aurora book, $35 until Dec. 31; then $40). What makes this book unique are its over 350 full-color reproductions of 18th- and 19th-century paintings from The Hermitage Museum in Leningrad—a fabulous collection, until now seen only by a comparative few outside the Soviet Union.

Royal Heritage (Harcourt Brace Jovanovich, $25) by J. H. Plumb and Huw Wheldon displays the enormous collection of paintings, objets d'art, even stamps, belonging to the British crown. The collection covers the whole span of Britain's development from Medieval to modern times.

Chagall admirers should be bowled over by one of the most beautiful books of the year—**Daphnis and Chloe** (Braziller, $55). It contains 58 paintings—full page and often spreads—by Marc Chagall, reproduced in absolutely dazzling color, illustrating George Moore's translation of the famous legend.

Books by master photographers appear regularly at this time of year. Here are a few of the best: **Weegee** (Knopf, $15), naturally enough contains 112 of the best of Weegee's starkly realistic photographs, mostly of people in New York City, taken in the 40s and 50s.

The Family of Children (Grosset & Dunlap, $14.95) is a sequel to the highly successful *Family of Man*. Children around the world are caught in moments poignant, hilarious, heartwarming, at times truly shattering—385 black-and-white photographs, all engrossing.

World-renowned fashion/beauty photographer Francesco Scavullo, turning his attention to men—**Scavullo on Men** (Random House, $15)—presents his portraits of 50 personalities, the likes of Arthur Ashe, Billy Baldwin, Mick Jagger, Philip Johnson—even Fonzie—from just about every profession, every age group. Accompanying the photographs are what must be considered Scavullo word portraits: in-depth, revealing interviews with the posers. Here's a rarity, a picture book that's an absolute delight to read, too.

Vanishing Africa (Holt, Rinehart and Winston, $45) by Mirella Ricciardi—as spectacular a book of photographs as you're likely to see this year—portrays the people—their day-to-day life, their festivities, their rites—of primitive (to us, anyway) tribal Africa. The pictures—mostly in black and white and all full-page or spread size—are a knockout and the total impact of the book is little short of overwhelming.

Could be that the 8th and liveliest of the arts is Advertising. One of the unquestioned geniuses in this field is art director George Lois, and his **The Art of Advertising** (Abrams, $45) is a compendium of his ads (and Esquire covers) that have become world famous. Mr. Lois's text is jaunty, brash, perhaps too self-pleased, but, as one of his famous ads goes: When you got it—flaunt it!

Another well-known slogan told us that "Nature in the raw is seldom mild." Several recent books illustrate this magnificently: Nature is downright overwhelming in **Himalayas** (Abrams, $18.50). The grandeur of the Asian mountains has been spectacularly photographed by Yoshikazu Shirakawa, and the result is totally awe inspiring.

The Wild Shores of North America (Knopf, $35) by Ann and Myron Sutton is a compilation of photographs in full color by many photographers of the still-unspoiled natural beauties of this continent, and the flora and fauna inhabiting them.

The National Parks (Rand McNally, $29.95) photographed by David Muench with text by Michael Frome glorifies all 37 of our national treasures.

The Audubon Society Book of Wild Animals (Abrams, $37.50) by Les Line and Edward R. Ricciuti is *the* animal book of the year. Page after page of remarkable photographs, so meticulous in detail you see just about every hair of the animals—from little rodents to a huge crouching bear. . . . Eliot Porter, one of the world's best-known nature photographers, turns his attention to the winged set in **Moments of Discovery: Adventures with American Birds** (Dutton, $29.95). His close-up pictures of birds, many shown feeding their nestlings, are enchanting and will delight all bird lovers. *(Continued on page 62)*

PRICES APPROXIMATE. ALL BOOKS ARE AVAILABLE THROUGH YOUR LOCAL BOOKSTORE

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Ask your Sentry dealer for a copy of his Christmas Gift Guide. It features tools for dad . . . appliances, cookware and housewares for mom . . . Christmas lights . . . sports equipment . . . and more!

Merchandise, shown in this advertisement, is available from participating Sentry dealers only. Offer expires December 24, 1977. The 4,500 Sentry dealers own their stores. They select their merchandise and set their own prices. There may be variations in products, available quantities and prices in individual stores . . . Sentry Hardware Corp., Cleveland, Ohio 44113.

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Orrefors is a shining example of Swedish crystal at its finest.
rom a country world famous for crystal design, quality and craftsmanship.
he radiant sparkle of Swedish crystal is captured in every piece. From stemware. To artware. To giftware.
Look for Swedish crystal at quality stores everywhere.

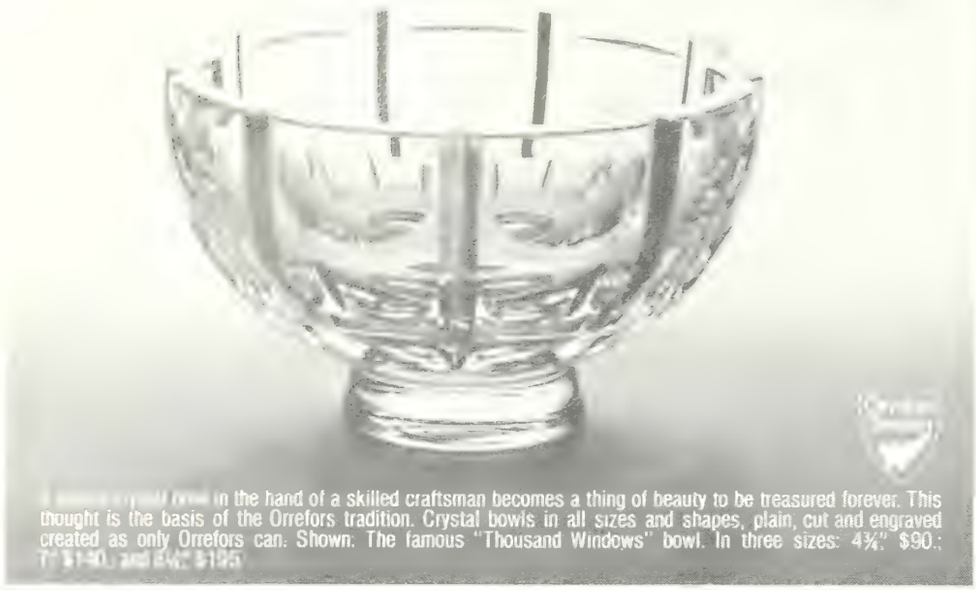
Swedish Crystal

Clearly, the best.

For more details on Orrefors crystal, write Fisher, Bruce & Company, 107 Gaither Drive, Mount Laurel, NJ 08054, Tel. 609-234-8411.

Orrefors

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A [illegible] in the hand of a skilled craftsman becomes a thing of beauty to be treasured forever. This thought is the basis of the Orrefors tradition. Crystal bowls in all sizes and shapes, plain, cut and engraved created as only Orrefors can. Shown: The famous "Thousand Windows" bowl. In three sizes: 4¾", $90.; 7" $140.; and 8½", $195.

THE ORANGE HORSE
2638 El Paseo Lane, Sacramento, Calif. 95821

adapted for the modern kitchen. This handsome book is illustrated with old drawings, woodcuts, paintings, and photographs.

Paul Bocuse's French Cooking (Pantheon, $20) is a collection of over 1000 of the famous chef's creative recipes for every kind of food—41 for omelettes alone and 79 for sauces. Something for everyone to try, from beginner to Cordon Bleu.

The Encyclopedia of Fish Cookery (Holt, Rinehart and Winston, $35) might well be this year's most elaborate cookbook. Actually, it's much more than just a cookbook, as A. J. McClane, a noted fish authority, tells you everything you could possibly want to know about every kind of fish. With the information are over 350 inventive recipes for preparing your favorite—or soon-to-be favorite—fish or seafood. The book is stunningly illustrated with Arie de Zanger's photographs.

There continues to be great interest in Chinese cuisine. A fine introduction to it is Irene Kuo's **The Key to Chinese Cooking** (Knopf, $15), which carefully explains the techniques and manners of preparation so any beginner can easily learn them. The more than 300 recipes—from the really easy to the super-professional—are copiously illustrated with how-to drawings.

If you think of vegetables as a necessary bore, think again. For each season of the year, Robert Ackart in **A Celebra-**

Bound for pleasure
continued from page 60

TV addicts will want **Television: The First Fifty Years** (Abrams, $29.95 until Dec. 31; then $35) by Jeff Greenfield, who presents the history of our newest medium, with pictures of everybody from Uncle Miltie to Big Bird. . . . A fine gift for anyone who's ever followed Dorothy down the Yellow Brick Road, **The Oz Scrapbook** (Random House, $10) by David L. Greene and Dick Martin, shows every manifestation of the Oz world since Frank Baum published *The Wonderful Wizard of Oz* in 1900—the films, theatrical performances, book editions, artifacts based on the enduring characters.

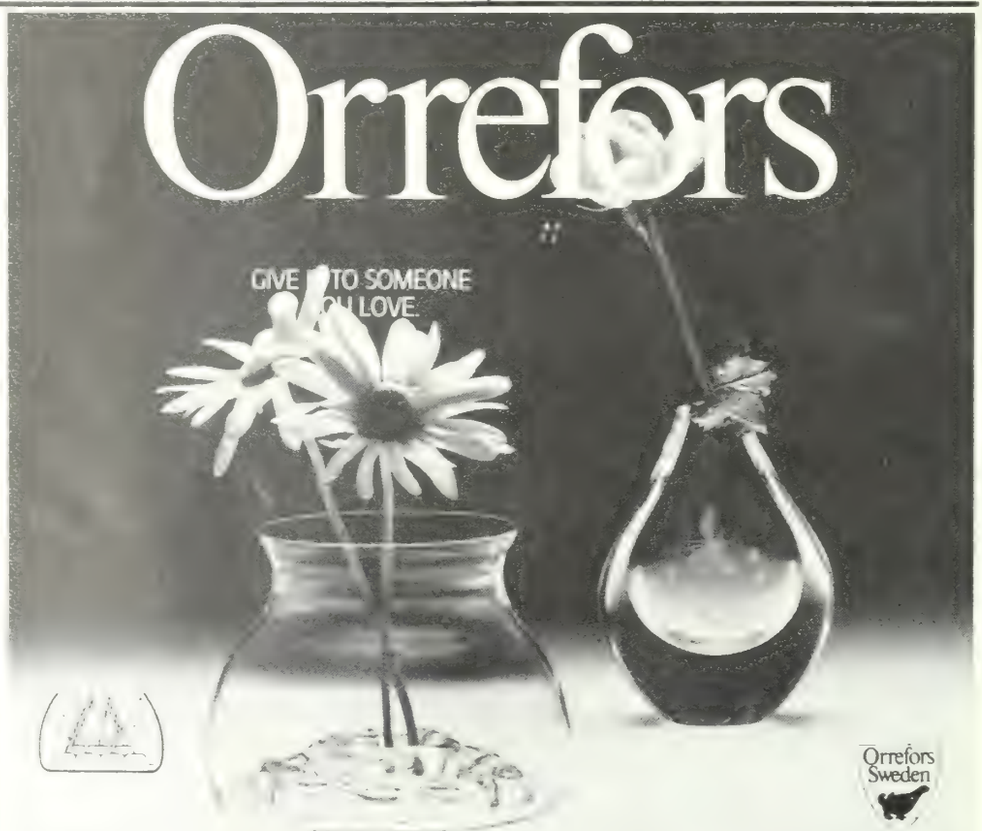
For cook and gourmet

Every cook likes new cookbooks—they always have *some* new and tempting recipes to be tackled. If you're not a calorie counter, there's a wealth of deliciousness in **Maida Heatter's Book of Great Cookies** (Knopf, $10). As in all good cookbooks, the recipes are easy to follow, the results well worth the effort.

In **Great Cooks and Their Recipes** (McGraw-Hill, $19.95), Anne Willan discusses the lives and creations of 13 great chefs of the past from Taillevent to Escoffier—and not omitting Mrs. Beaton and the redoubtable Fannie Farmer—and includes a few recipes from each.

Orrefors

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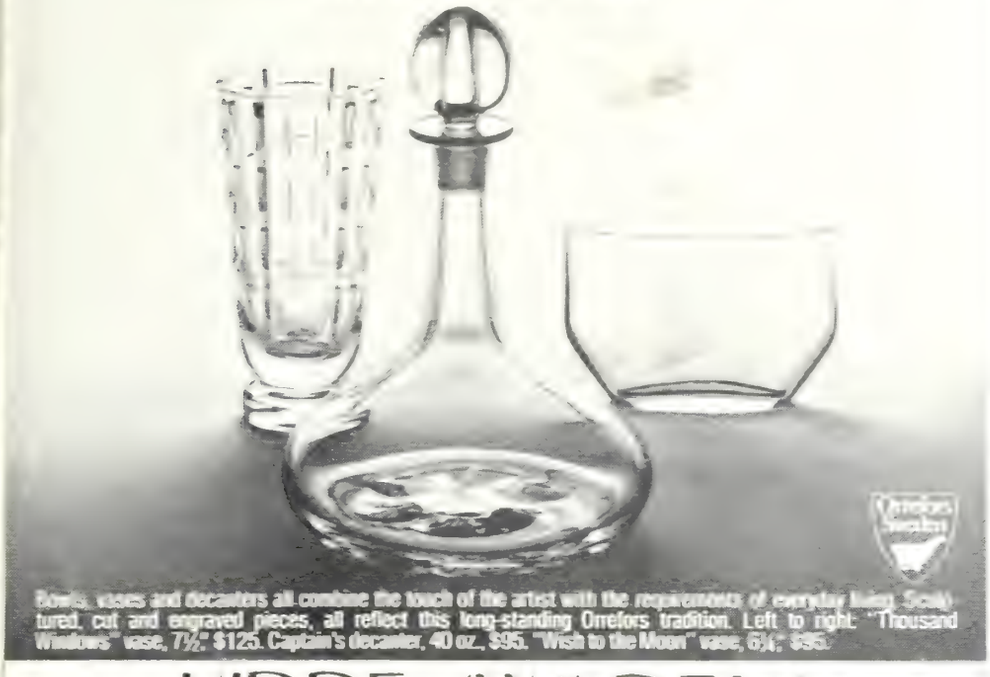


Orrefors Sweden

Exquisite Orrefors crystal vases. A single flower or a whole bouquet—Orrefors makes them all more beautiful. The "Flora" series of vases (pictured on left 5⅞" x 4⅞", $25.00) has our exclusive built-in stem support. "The Bee" vase from our collection of hand engravings is 4" tall, $65.00.

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Bowls, vases and decanters all combine the touch of the artist with the requirements of everyday living. Sculptured, cut and engraved pieces, all reflect this long-standing Orrefors tradition. Left to right: "Thousand Windows" vase, 7½", $125. Captain's decanter, 40 oz., $95. "Wish to the Moon" vase, 6¼", $95.

LIPPE/WAREN
FINE CRYSTAL
302 Gelenneyre Laguna Beach, Calif. 92651

much more, using shells you can gather (or buy) . . . . **Useful Baskets** (Houghton Mifflin, $5.95 paperback) by Mary Cary, shows how to weave baskets for use as hampers, planters, carryalls. . . . **All About Doll Houses** ([illegible] $8.95 paperback) by Barbara L. Farlie, not only gives complete instructions for making charming houses, but also tells how to make miniature furniture to decorate them with. . . . **Rubbing Craft** (Quick Fox, $4.95 paperback) by Cecily Barth Firestein. As it says: "How to rub doors, letterboxes, gravestones, manhole covers and how to use these designs on jewelry, T-shirts, needlepoint and more." . . . In **Wildcrafts** (Doubleday, $12.95) Leslie Linsley offers over 100 projects—wreaths, necklaces, cornhusk dolls, mobiles—made from natural materials you gather. . . . **The Container Book** (Crown, $7.95 paperback) by Thelma R. and Ray Hartley Newman: baskets, bags, bowls, boxes made with fibers, fabrics, leather, wood, plastics, clay.

For needlework fans, new books offer instructions in working designs typical of foreign lands. You can, for instance, reproduce **Scandinavian Knitting Designs** (Scribners, $17.95). Pauline Chatterton provides patterns for those marvelous geometric designs so familiar in Norse sweaters and other knitwear. . . . **The Needle Arts of Greece** (Scribners,

Continued on next page

tion of Vegetables (Atheneum, $10.95) supplies complete menus for first-rate meatless dining, with recipes for all.

If you can't find every ingredient you need at your supermarket or if there are foods not readily available to you that you'd like to have, take heart—several catalogues tell where and how to mail-order everything your stomach desires. Three of the best: **The Complete Food Catalogue** (Holt, Rinehart and Winston, $10.95; $6.95 paperback) by José Wilson and Arthur Leaman. Its subtitle explains what you will find: "Hundreds of mail-order sources from all over the world for the best of every kind of food, with recipes, cooking tips, and the finest in equipment and gadgets for the kitchen." (For a sample of its contents, see House & Garden, September, 1977.) . . . **The Mail Order Food Guide** (Simon and Schuster, $10.95) by Ann Tilson and Carol Hersh Weiss also contains food sources, recipes. It even tells from whom you can mail-order complete meals. . . . The **Catalogue of Food** (Dolphin Doubleday, $6.95) by Jeffrey Feinman, in addition to hundreds of general food sources, also tells where you can get organic and health foods, grow-it-yourself food seeds.

Handcrafts

Nudge someone who enjoys crafts onto something new in handwork. **Shell Craft** (Bobbs-Merrill, $12.95) by Virginie

Orrefors
IN A BRAND NEW LIGHT



New Orrefors has taken the same high quality lead crystal of their tableware collection and shaped it into a new series of table lamps. In classical pillar forms or a series of figurines, with designer inspired shades, these lamps continue the Orrefors tradition of innovative styling. Figurine lamps 28" high $275.00. Column lamp 27" high $225.00

THE GLASS MENAGERIE
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274-0729 272-3724

Orrefors
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Orrefors crystal stemware. From classic to boldly contemporary, every pattern is perfectly at home with any variation of table-settings. Delicately hand blown by masters of the craft, each stem is truly an original work of art. "Prelude," $16.00. "Rhapsody," $11.50. "Lisa," $13.00. "Lisbet," $16.00.

Bullock's
7th & Hill Streets, Los Angeles, Calif. 90014

For armchair gardeners

Great Gardens of Britain (Morrow, $15.95) is just what the title says it is. The lavish illustrations make you want to visit these formal gardens, so the book also tells when they're open to the public and how to reach them.

One of the newest and prettiest of the how-tos for plant lovers is **The Indoor Garden** (A&W, $14.95) by Cynthia Wickham, illustrated in color, with descriptions of the plants, care instructions, how to make containers for them.

A charming little volume, and an excellent stocking stuffer, is **Gardener's Magic and Other Old Wives' Lore** (Farrar, Straus & Giroux, $5.95) by Bridget Boland—a book about the imagined magical properties of plants, along with practical advice about gardening, culled from days not all that yore. You can find out how to make a love potion, how to protect yourself in the garden from insects, what herb to take for a merry heart (it's borage).

Decorating and architecture

We're all curious to see how the famous and/or rich live. So **Celebrity Homes** (Viking, $29.95 until Dec. 31; then $35) is made to order. We get to look into the houses of Mary Tyler Moore, Woody Allen, Yves St. Laurent, Julia Child—30 celebrities in all. Some rooms reflect

Bound for pleasure
continued from preceding page

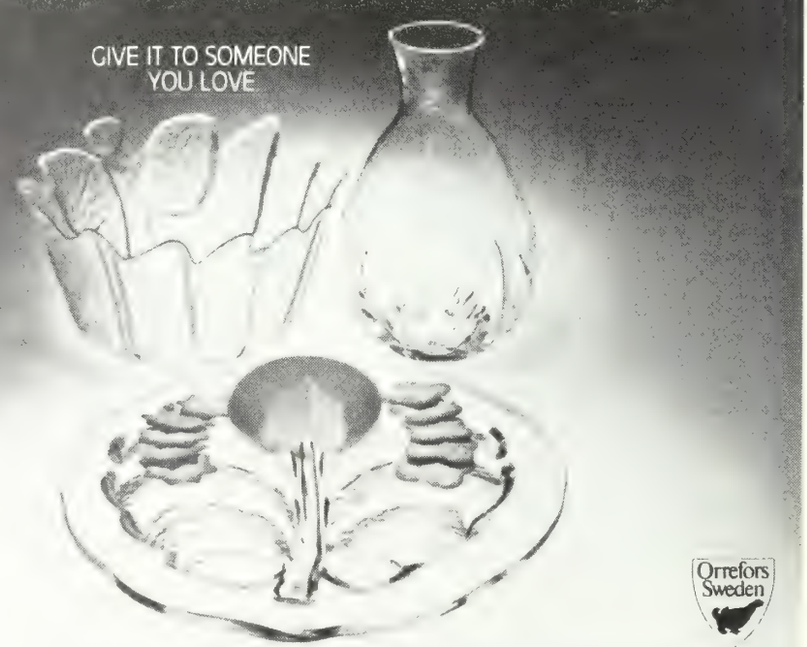
$16.95) by Joan Petrakis offers patterns and designs typical of the Greek Islands and projects including pillows, purses, eyeglass cases, et al., utilizing the designs. . . . **Blue and White** (Scribners, $14.95) by Muriel Baker and Margaret Lunt shows how to do the folk embroideries of rural China.

An advanced craftsman can duplicate many of the folk crafts of other countries. **The Crafts of Mexico** by Chloë Sayer and **The Crafts of China** by Michael Carter (both Doubleday, $9.95 each) will certainly tempt you to try and the illustrations and instructions are clear enough to reasonably guarantee you success.

A Christmas present for an accomplished woodworker would be **Year-round Outdoor Building Projects** (Van Nostrand Reinhold, $15.95) by Richard Demske. These are major building and installation projects—not for the beginner—but any reasonably adept craftsman can build terraces, toolsheds, decks, furniture.

If you *are* a beginner or want to explore the range of handcrafts to see which might suit you, try **Creative Crafts** (Sterling, $25) which runs the gamut—macramé, tatting, découpage, basketry, bookbinding, many many more. In all, there is bound to be a craft here that just about anyone can enjoy.

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Orrefors "Eden" is a collection of 13 serving and place-setting pieces designed for today's casual-style entertaining. Heat resistant and dishwasher safe. Items shown: 9⅞" salad bowl, $37.50. 12⅝" cheese tray, $29.50 and 50 oz. carafe, $29.50.

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enjoyment) read **Essays of E. B. White** (Harper & Row, $12.50), a collection including several not published in book form before. Age cannot wither them nor custom stale their infinite variety—to paraphrase another writer who was no slouch with the felicitous phrase. . . . Dame Rebecca's book, **Rebecca West—A Celebration** (Viking, $20) includes selections from her fiction, political and crime reportage, criticism, and travel writing. A cause for celebration indeed!

Lord of the Rings cultists—and there are millions—have waited eagerly for **The Silmarillion** (Houghton Mifflin, $10.95). J.R.R. Tolkien goes back to Middle-Earth and surrounding lands—way back: Starting with the Elder Days (or the beginnings of the world and man's continual battle against evil), and working his way forward to just about where the "Rings" begins, he has created a tremendous work of imaginative fiction. "Ringists" will treasure it; newcomers might find it fairly hard going at first.

An Autobiography (Dodd, Mead, $15) by Agatha Christie is both maddening and delightful. Maddening, because you want to know much more than Dame Agatha seems prepared to tell about her working methods, how she worked out her devilishly clever plots. Delightful, because she paints a charming picture of life in Victorian England for a young girl

Continued on next page

their owner's personality brilliantly, some will surprise you. You get a similar pleasure from **Houses Architects Live In** (Viking, $17.95). As author Barbara Plumb says: "Architects' own houses generate many of the ideas that ultimately filter down to influence the spaces, color schemes, furnishings, and objects that you and I live in."

Mary Gilliatt in **Decorating: A Realistic Guide** (Pantheon, $25) offers advice on planning, lighting, color, fabrics, storage, with illustrations from tiny apartments to sumptuous mansions. You should be able to get ideas from this book that you can adapt for your own home.

In **Form Follows Fiasco** (Atlantic-Little, Brown, $12.95), subtitled "Why Modern Architecture Hasn't Worked," architect/author Peter Blake wittily, shrewdly, takes his shots at what he dislikes about contemporary architecture and city planning.

Serious students of architecture will appreciate **The Architecture of the Ecole des Beaux-Arts** (Museum of Modern Art/Viking, $39.95 until Dec. 31; then $45) edited by Arthur Drexler. It has over 400 illustrations of Beaux-Arts buildings in the U.S. and France, and essays on the style's history, development, influence.

The joy of reading

Rebecca West and E. B. White belong on everyone's list of the best prose stylists of our time. For the felicitous phrase, the perfectly chosen word (and for sheer

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If it is possible for the Orrefors artisans to outdo themselves, they have. The Stenhammar Collection of 30% full lead and exquisite heavy cut bowls, candlesticks and vases is the ultimate tribute to their artistry. Large vase, 7½" x 7½" — $240.00. Candlesticks, 11⅜" — $245.00 each. Small vase, 6¼" x 6¼" — $160.00.

brown's

Bound to please
continued from page 64

provide up to "unbearable" circumstances and because her account of her life and travels with archaeologist husband Max Mallowan makes continually entertaining reading. . . . **No Laughing Matter** (Lippincott, $8.95) by Margaret Halsey (who won fame with one of the all-time funniest books *With Malice Toward Some*) is subtitled "Autobiography of a Wasp." The title misleads because Miss Halsey makes a lot of her life a laughing matter—she is master of the outrageous metaphor and she can laugh at herself—if ruefully. But this is a searing autobiography—she's had a tough time of it, replete with too many psychiatrists, too much alcohol, and a shattering divorce, and doesn't spare herself or her reader.

A book about gnomes for adults, written as nonfiction? Yep, and a dandy. **Gnomes** (Abrams, $14.95 until Dec. 31; then $17.50), with an enchanting, witty, pseudo-serious text by Wil Huygen and whimsical drawings by Rien Poortvliet tells you everything you never knew about these little people—their physical makeup, habits, what they eat, how they make love, where and how they live (did you ever see a gnome's bathroom? Well, you will here). This could be *the* hit of the Christmas season.

To sample the literature of another culture, another land, try **Contemporary Japanese Literature** (Knopf, $15), edited by Howard Hibbett. Works by many of Japan's top writers are here translated for the first time—novellas, short stories, plays, movie scripts.

For the reference library

The big (in every way: 2,856 pages, 13,000 illustrations, weighing in at 12 pounds, costing $69.95) reference book of the year and one for every library is **The Random House Encyclopedia**—a monumental work, a compendium of man's knowledge from creation into the future. If it has a drawback, it's that the arrangement of all this material takes some getting used to—it's not an A to Z type book—but familiarity breeds content, so to speak, and once you can find your way easily around the vast volume, it will prove an invaluable reference work—fine for just browsing through and reading, too.

The Dictionary of Decorative Arts (Harper & Row, $22.95 until Dec. 31; then $25) by John Fleming and Hugh Honour starts with "Aalto, Hugo Alvar Henrik" and winds up with "Zwischengoldglas" and in between is a comprehensive guide to the decorative arts and the craftsmen responsible for them, from the Medieval Ages to the present—over 4,000 entries, 1,000 illustrations. ■

PRICES APPROXIMATE. ALL BOOKS ARE AVAILABLE THROUGH YOUR LOCAL BOOKSTORE

Dear House & Garden
continued from page 54

920 E. 132nd St., Bronx, N.Y. 10454. Watco oil (specify floor or furniture version) is available for $4.79 a quart or $14.47 a gallon plus U.P.S. shipping charges from Janovic/Plaza, 1292 First Ave., New York, N.Y. 10021.

Festive lights

Have you any energy-conscious ideas for outdoor lighting this Christmas?

—S.G.C., Buchanan, N.Y.

If the weather isn't wet, do as they do in Mexico every Christmas Eve: Line your driveway with luminaria. Save brown paper bags. Turn over top of each to form cuff (this stiffens shape, gives dark border). In the bottom center of the bag, anchor a long-burning candle—the chubbier the better—in sand, then light with long fireplace matches. Bags must be set on nonflammable surface, and do leave room for cars to get by easily. You'll be saving power, but if you already own light strands you probably won't save money, as you must set the cost of candles against that of electricity. Given the 3.59¢ cost per kilowatt hour of electricity (national average from the Edison Electric Institute), you can burn 557 ½-watt midget bulbs *or* 55 5-watt bulbs *or* 39 7-watt bulbs *or* 30 9-watt bulbs for an hour for a penny or less.

Inside design

I am interested in going into interior design. What's the best way to get my foot in the door?

—S.B., Westport Point, Mass.

For starters, send for the "Interior Design Career Guide" put out by the American Society of Interior Designers. The A.S.I.D. also distributes a list of programs accredited by the Foundation for Interior Design Education Research and information on the National Council for Interior Design Qualification's examination. All three brochures are free to our readers. Write the A.S.I.D., 730 Fifth Ave., New York, N.Y. 10019.

No small thanks

How can I get my young grade-schoolers to write thank-you notes?

—S.C., Rye, N.Y.

Why not have the children draw thank-you's? Most have a store of crayon drawings they can easily turn into thank-you "notes" by adding, for example, "Thank you, Grandma," "Love, Paul." Keep a list as presents are opened so you can remember which child got what from whom. If your child is inspired to draw Grandma's gift—"Me and My Airplane"—so much the better. Mail these special thank-you's between cardboards, as art.

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FOR THE HOUSE FIXER



HOW TO MAKE PLANTS MOBILE

BY DEANNE RAFFEL

Moving a heavy potted plant across the floor can become a back-aching job. It's a good plan to set plants of considerable size and weight on a movable base. Once on rollers, they can be swiveled daily, either away or toward the light as needed, and also be moved easily when vacuuming the floor. To construct a rolling dolly for a round pot, cut a disk from 1-inch (nominal size) common pine or ¾-inch plywood. The diameter should be at least 1 to 2 inches larger than that of the widest diameter of the planter. Divide the circumference into thirds and attach 3 casters with screws or a strong adhesive.

To camouflage an ugly container or merely for decoration, cover the edges of the wooden platter with narrow lattice or 1-by-2 boards. Measure the height of the planter and that of the disk with the casters added to find the correct slat length. Secure each piece vertically plumb to the disk's perimeter with a few drops of white glue and two finishing nails. Attach the slats so that they sit 1 inch above the floor. (If the dolly is to rest on deep pile carpeting this distance may require adjusting to insure that the bottoms of the slats do not drag on the carpet when the plant is moved.) To protect the dolly from dust and moisture, paint, stain, shellac, or varnish it. Place a large plant saucer on the disk if the container doesn't have one already. Set the plant into the wooden basket and push it to its home on the floor. For building a square dolly, follow instructions above, using a square piece of wood and add a fourth caster.

Of course, a rolling tray base can be made for a group of plants. Set the pots together and decide on the size required. Cut a rectangle of ¾-inch plywood or composition board. Attach casters near each corner. Cut 4 pieces of 1 by 3 (or appropriate sized board, depending on the tray dimensions)—2 pieces the length plus 1½ inches and 2 pieces the width. Again considering carpet pile, if any, glue and nail the wood to the tray. Finish the dolly as you like.

A more decorative and substantial cart can be constructed with 2-by-6, 2-by-8, or 2-by-10 lumber as the sides. Use screws for securing—predrill screw holes. Once the finishing is done, fill the base with a shallow layer of attractive stone chips. Assemble a smaller tray by utilizing lattice (set horizontally) for perimeter edges. Specifically finish the inside tray with two or more coats of polyurethane. Let dry. Secure a sheet of heavy poly film to the interior (tray top and walls) with silicone rubber caulk. Take care in sealing edges and corners—the area must be made completely waterproof. Hammer small inexpensive ball-bearing casters into the base; they roll well along smooth surfaces. Fill the tray with stone chips and pour water over them. Place smaller pots without saucers here and also plants that need humidity. *Note:* Periodically wash the chips with a solution of water and household bleach.

More House Fixer, page 70

Supertu

Rectangular tub in 5- or 6-foot lengt has slanting backrest and wide arm su ports with chrome plate handles to rais or lower yourself. In bright red, blu green, yellow, bone, orange, or white, is a jet action whirlpool bath with eigh individually adjustable jets color matched to the tub. The jets are direc tionally controlled by a single knob fit ting. Of steel construction, the tub has wear-resistant porcelain finish. The waste system is self-draining to prevent bath water accumulation after the tub i emptied. Hastings, 964 Third Ave., New York, N.Y. 10022.

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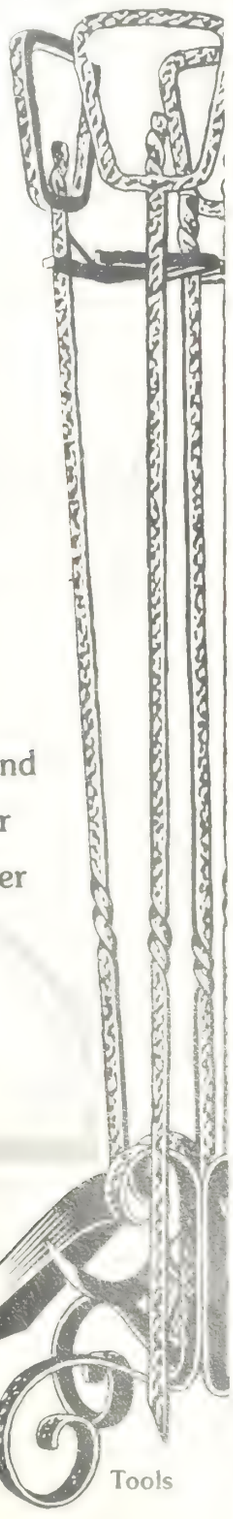
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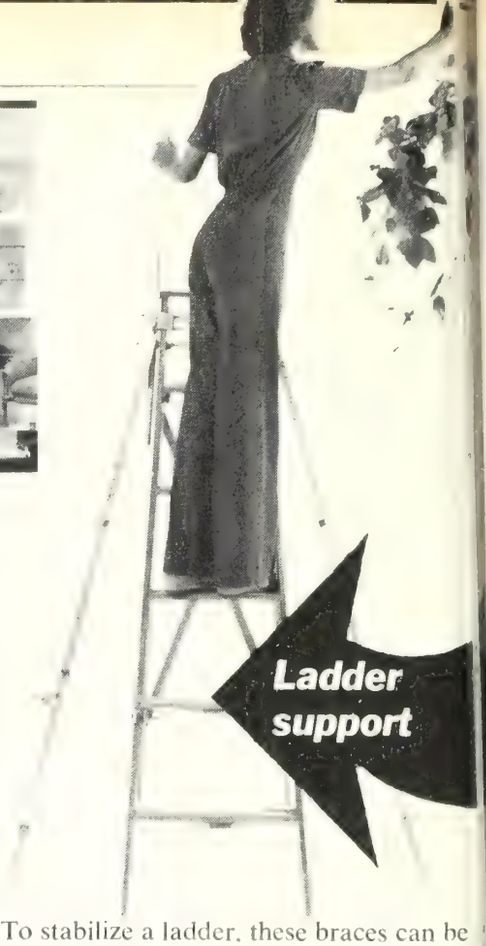
Tools

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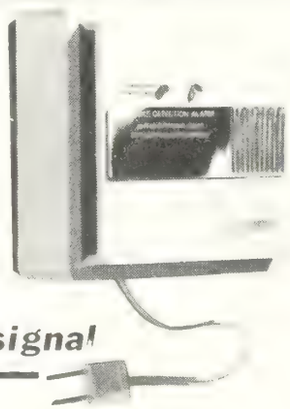


Instant furnishing

A new system of easily assembled wall storage units provides fast furnishing for dining and study areas, bedrooms, home entertainment centers. Flexible in function, Omniwall cabinets can be combined in various ways. Pictured, *above*, are four yellow units lined in white, 34¾-inches wide, 17 deep, 86 high. The first can store books and bibelots; the second includes drawers and a pull-down table; the third, a pull-down bed and shelves; the fourth, storage for china and glass. Other units are available as are rosewood or walnut finishes. Omni Products, P. O. Box 669, Vernon, Ala. 35592.

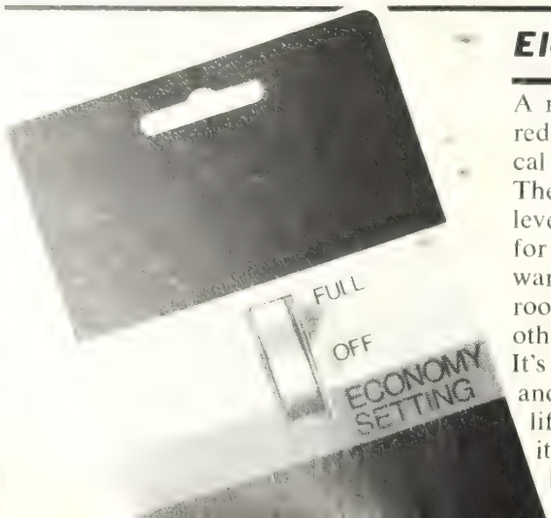


To stabilize a ladder, these braces can be permanently attached with mounting brackets to any 6-, 8-, or 10-foot wood or metal stepladder. The Ladderite braces are then angled out into a supporting or bracing position on their nonskid rubber foot plates. Set in place 18 inches out from a 6-foot ladder, 24 inches from an 8-foot ladder, they add secure support even on irregular or varied level floors. A hold bar to grasp when working on ladder adds security; it clamps to ladder's side, is extendable 30-inches above it. $29.50 per set, shipped prepaid. A. Henry Stewart Co., Inc., Dept. C-W, 22215 Meekland Ave., Hayward, Calif. 94541.



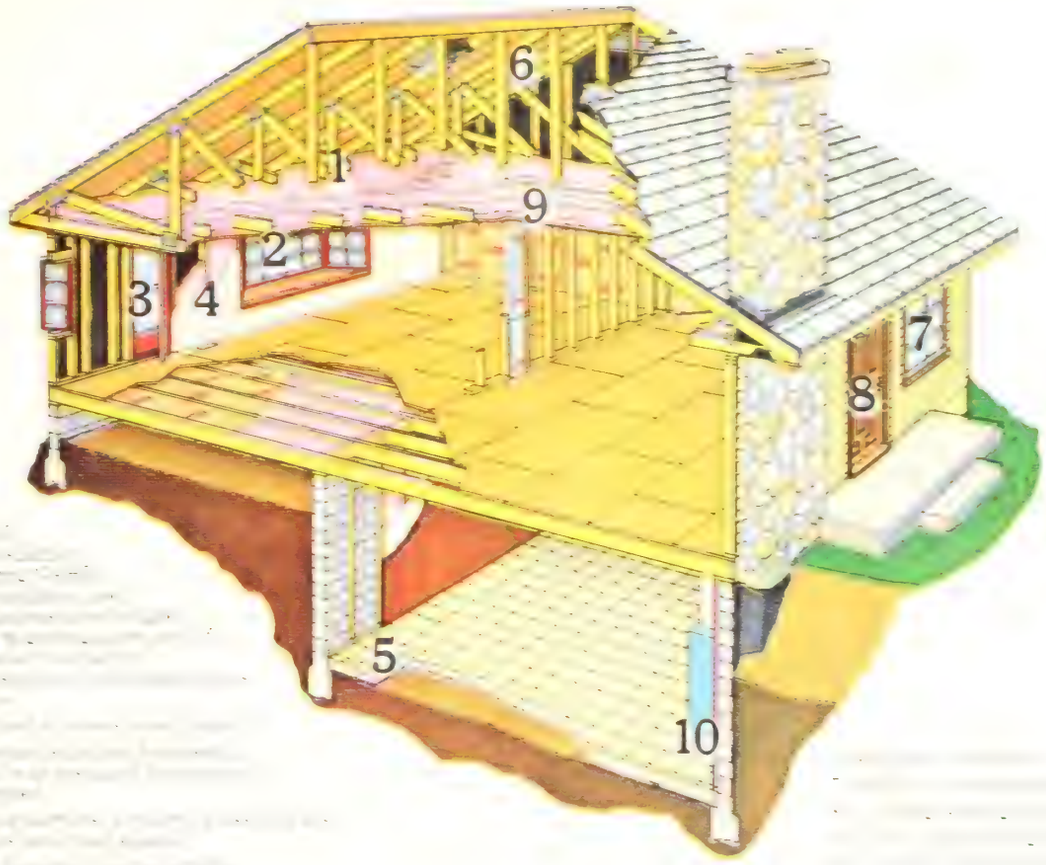
Fire signal

New smoke detector for early warning of fire plugs into standard electric outlet, has safety lock to prevent disconnection of plug. Open on four sides to detect smoke from all directions, it has an 85-decibel alarm which goes off if light is obscured as little as 1.5 percent per foot. Made with or without a 135-degree heat sensor, it works on solid-state circuitry, has an external test button and a light to indicate current is on. Also available: a model operating on a 9-volt alkaline battery and a direct-wire photoelectric model. Five of the latter detectors, wired in tandem to AC house current, will sound an alarm throughout the house. NuTone Div., Scovill, Madison & Red Bank Roads, Cincinnati, Ohio 45227.



Electricity saver

A new wall switch makes it possible to reduce the amount (and cost) of electrical energy used by ordinary light bulbs. The Energy Saver switch provides two levels of light—flick the switch upward for full wattage lighting, turn it downward for the economy setting when a room isn't in use, for TV viewing, or other times when full light isn't needed. It's useful for porch, garage, outdoor yard and security lighting. It prolongs bulb life as well as cuts electrical costs. Leviton Mfg. Co., Inc., 59-25 Little Neck Parkway, Little Neck, N.Y. 11362.



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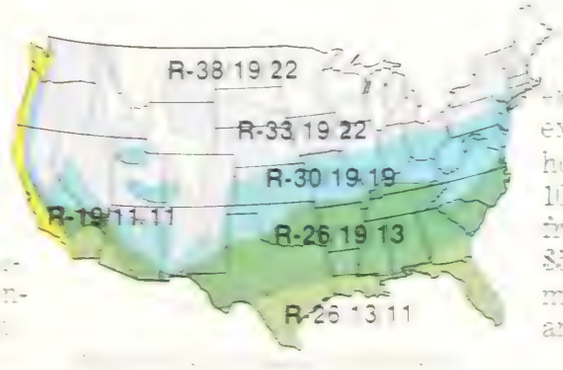
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GETTING INTO GEAR FOR WINTER DRIVING

Essential tools and driving tips, maintenance checks, and body care for your car



BY RICHARD AND JEAN TAYLOR

Winter driving may be hard on the nerves, but it's even harder on your car. Even if you live in Southern California or some other sunny place, you will still want to prepare your car for winter trips to mountains or colder climates. It's extremely important to have the chassis of your automobile checked over before the season sets in. The exhaust system and muffler should be inspected for leaks. Carbon monoxide can make you drowsy at the wheel and blur your vision—and you certainly want to be at your sharpest mental condition on bad roads. Assuming you get regular tune-ups twice a year, with new spark plugs, points, and condenser as needed, several new investments are worthwhile during this winter checkup. Replacement of oil filter, gas line filter, and air filter will make your car run better and longer. You should also have the timing set and automatic choke adjusted to prevent dangerous stalling. At the same time, have all radiator and heater hoses, spark plug leads, windshield wiper blades inspected for signs of cracking or wear. Better to get new ones if necessary than get stuck out on the road later on. Have a winter thermostat installed to help your engine heat up faster, prevent stalling, and cut warm-up time. It will also produce more heat for your interior heater. Most people keep anti-freeze in year-round—it helps cool the engine in summer. It need not be replaced if it's still good—minus 40 degrees F. is adequate in most areas of the U.S. Remember your battery takes inhuman abuse in winter, so if it's marginal, buy a new one, *now*, before you get stuck. Sears DieHard has a good reputation for value. You should also have engine oil changed, because it gets contaminated much more quickly in winter. Best to have it changed twice as often as manufacturer's recommendation. Top quality 10W40 multigrade oil is best for year-round use. Since water vapor will condense in your gas tank because of extremes between day and nighttime temperatures, hold it to a minimum by keeping your car's gas tank filled as much as possible. HEET "gasoline de-icer" will absorb residual water to prevent fuel-line freezing and hard starting.

Tools to travel with

There are a few absolutely necessary tools you should carry in your car during winter. Heavy-duty jumper cables can come in handy to rescue you or a friend. Be sure to connect the battery positive terminals to each other, negative terminals to each other. Keep the wires away from the engines, and keep the charger's engine running until the chargee is started, too. Otherwise, you're apt to have *two* cars with dead batteries.

Bags of kitty litter are a convenient way to carry grit to spread under the rear wheels if you're stuck on ice. They'll also add some weight to the trunk for better traction. Don't forget a small shovel for spreading the sand and removing snow. A jack can sometimes be useful to get your car unstuck, too. Make sure yours is working and that all the parts are there.

Tire chains can be lifesavers under extremely icy conditions, but don't use them unless you really need them. They can damage tires and road surfaces. Make sure to pack a windshield scraper. The best kind is a 2-foot broomstick with an ice scraper on one end, snow brush at the other. They're available in most discount and auto stores. Never use your windshield wipers to clean an icy windshield. The rough ice will dull the edge of the wiper blades, making them useless for driving in rain or snow when you really need them.

In very cold climates, a "head bolt heater" will keep your engine warm overnight for easier starting in the morning. A "tank heater" plugged into the radiator will prewarm the coolant and accomplish the same thing. Small battery chargers cost only $20 and can be used to keep your battery at peak efficiency.

Winterizing your car body

As far as bodywork goes, your biggest headache is the salt used by road crews to melt ice. It seems to melt the finish on your car almost as quickly. To protect against this problem, use a silicone-base polish instead of regular car wax. Spread it liberally over both paint and chrome; apply two coats as soon as possible, but only after thoroughly washing your car with warm, soapy water, well rinsed. Wash and dry with soft towels to prevent scratches. Salt can't corrode when it's frozen into ice, but it will attack both body and chassis as soon as the ice melts. Wash the telltale white salt residue from the lower body, chassis, and under the fenders during thaws. Undercoating is a good investment on new or good used cars. It protects the chassis against corrosion and lasts for the life of your car. Even better is Ziebart rust-proofing treatment. For about $150, franchise shops will spray every hidden surface of your car with a flexible wax coating, full of rust-preventing chemicals. Ziebart men consult what looks like an acupuncture chart of your car. With a long thin wand, they spray thoroughly inside.

Continued on page 195

HOW TO SUCCEED ON SLIPPERY ROADS

5 vital driving points

1. Do everything smoothly to avoid breaking traction. Anticipate traffic situations way ahead, so you can avoid panic stops and sudden sharp turns. Don't get into a position where someone else has to avoid you. His lane is just as slippery as yours.

2. If skids scare you, try practicing them. An empty parking lot covered with snow or ice will let you deliberately start a skid by hitting the brakes or turning sharply at low speeds. Once you do lose traction, resist the impulse to touch the brakes. Turn into the direction of the skid, even though that may seem unnatural. Once you're back in control, drive smoothly to *stay* in control.

3. Avoid driving at dusk if possible, when wet roads freeze quickly. Stay home, too, at the very beginning of a rain or snowstorm. A film of oil and grease floats up off the road at the start, is washed clean later on.

4. Watch out for dangerous trouble spots: freeway exit ramps and intersections where unplowed snow can cause you to lose control. Piled up snow can also conceal stop signs, traffic signals. Get into the habit of approaching all intersections with caution. Other bad spots are shady patches, the north side of hills (places the sun can't reach), and roads bounded by evergreen trees. They're hiding ice, even in the middle of the day.

5. For better traction in emergency situations, let half the air out of your tires. It will give a bigger footprint. Do this at low speeds only; pump them again as soon as possible, definitely before driving any distance, or even at moderate speeds.



ENERGY ENGINEERED '78 MERCURY ZEPHYR WAGONS

SPACE: RATED 4 CUBIC FEET MORE CARGO SPACE THAN ASPEN AND VOLARÉ WAGONS*
MILEAGE: RATED 3 MPG MORE THAN ASPEN AND VOLARÉ WAGONS**

ZEPHYR WAGONS: 29 MILES PER GALLON HIGHWAY, 19 CITY, 23 COMBINED.
TOTAL CARGO SPACE (SEAT DOWN): 79.5 CUBIC FEET

*Based on EPA Buyer's Guide.
**EPA estimate for Zephyr with 3.3 litre engine, Aspen and Volaré with 3.7 litre engine, both with manual transmission. (Your actual mileage may vary depending on your car's condition, optional equipment, how and where you drive. California estimates lower.)

MERCURY ZEPHYR
LINCOLN-MERCURY DIVISION

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75 ANNIVERSARY

The [illegible] charming Christmas celebrated in China by an American missionary family, [illegible] customs of East and West. *BY HENRY MCNULTY*



A MEMOIR OF CHRISTMAS IN CHINA

Christmas dawned for my parents, as it inevitably does for such authorities, far too early and rather startlingly, when I rolled out from under their bed demanding to know when Santa Claus was due. It was probably about 5:30 A.M., which did not entirely enchant them, and they were more than a little disconcerted to find that I had decided to keep my Christmas vigil on a blanket on the floor beneath their unsuspecting slumbers.

They put me back to bed with a stocking full of knickknacks and oranges and a miniature packet of Sunkist raisins, to doze until a more civilized hour. The rousing of my three brothers signaled the true opening of festivities in that missionary household in prewar Soochow, "the Venice of China."

Up to then, things had been kept as mysterious as possible. Preparations



Father would at last break the red seal and let us into an Ali Baba's cave

there were, of course, like helping to make stuffed dates and paper chains to hang on The Tree and other strategic places. But none of this was put in place until after the children had been sent to bed on Christmas Eve, so the day itself was a glorious total surprise for us younger members of the family, who came sleepy-eyed into my parents' bedroom for the stocking ceremony. By that time all four stockings in four varying sizes hung across the bedroom fireplace, where a coal fire was blazing merrily, for our house had nothing so modern as central heating or even running water. To avoid internecine warfare, the smaller children, with smaller stockings, had their supply of early-morning pacification gifts topped up to make things come out more or less equal.

Breakfast consisted of luscious tangerines and *Tsau-mee*, a sort of Chinese puffed rice that we used to buy by the pillowcaseful. They were a twice-cooked version (first boiled, then roasted) of rice—the Chinese way of using up uneaten boiled rice. They made them into sticky candy balls about the size of a Ping-pong ball, with burnt sugar like candied popcorn. We ate them as cereal—crisp and delicious. I could never understand why some enterprising foreign manufacturer never exploited the idea. On Tsau-mee we had water-buffalo milk, since "real cows' milk" was unobtainable. (Buffalo milk is, I believe, the richest in cream of any animal milk. We used to use thick buffalo cream even for ice cream, despite its rather odd taste.) After the puffed rice, we had our first gourmet treat of the day—pancakes and maple syrup imported from home.

The stockings and breakfast were supposed to keep us all quiet and amused during the free part of the morning, for, of course, church was the central fact of our Christmas. My father, the principal of Soochow Academy, had to prepare and conduct the service for his 150-student congregation before we could relax with Christmas dinner and the build-up thereafter to the grand climax of The Tree.

Church was heralded by a great clangor of bells. I shall never forget the shock I suffered when a new and much vaunted bell, a special gift from an American benefactor, was first pealed at my father's school chapel. I had been brought up on the sound of Chinese bells—deep-toned, soft and round and mellifluous, struck by a clapper made of the fibrous trunk of a palm tree. The effect was soothing and reverent. The first harsh "clang" of that American bell went through my head like a knife. No Western bell I have ever heard can match the sensuality of Oriental bells.

One Christmas, it was so cold in our normally hot climate that my father complained that the water in the communion cruet "simply froze as we poured it," with, I am sure, dire consequences religiously speaking.

At church, services were all carried out in Chinese. *"Ngo-ngee ti-long ngung,"* (we the people of the earth—praise thee), we would intone, instead of the usual opening words of the *Te Deum*, if my memory serves me right. We would sit with mother, surrounded by Chinese boys of the school. I often wondered, and still do, what these impassive kids thought of this foreign ceremony, celebrating the birth of a god they really knew very little about.

After church we came home to Christmas tiffin. This was a very elaborate affair, the biggest feast of the year, combining Western and Chinese dishes. But to have a feast on a birthday is not very Chinese. The Chinese generally discourage birthday parties because they think the anniversary of one's birth should not be the cause of death to an edible animal. A typical old-school Chinese would eat vegetarian on that day to avoid slaughtering and to honor his mother.

We tended to be as traditional about Christmas dinner as the exigencies of living 6,000 miles away from turkey and apples and plum pudding would permit. But one thing we never lacked in our family eating was variety.

Christmas menus generally included a favorite soup of ours, *Feng Siu*. This was made with transparent noodles and small pork meatballs, flavored with onion and water chestnuts. Usually it would come to the table in a *Woah-kuoh*, essentially a foot-high, charcoal-heated chimney, around which, halfway up, was a trough in which various ingredients simmered.

Shopping for the meat for this soup would include a trip to the butcher. In "my part" of vast China, the butcher shops were open to the street, and whatever wildlife that might infest the street air was welcome to alight where it would. Flies, for example. One day Mother and I, on route to the markets for the Christ-

Continued on page 152

Stuffed dates

INGREDIENTS

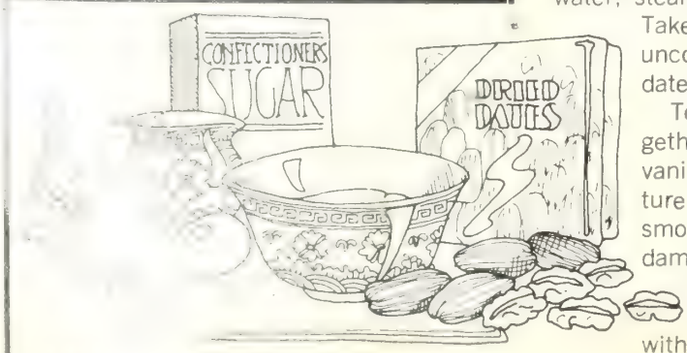
About 3½ pounds dates or, preferably, 1 pound dried stringy Chinese dates
1 egg white
1 tablespoon cold water
3 tablespoons heavy cream
1 teaspoon vanilla
About 5 cups confectioners sugar, sifted
Walnut halves (optional)



METHOD

Soak Chinese dates overnight in cold water; steam until soft, 1 hour or more. Take stones out carefully, fill with uncooked fondant. For domestic dates, merely slit open and stuff.

To make the fondant, blend together egg white, water, cream, vanilla. Slowly add sugar until mixture can be kneaded. Knead until smooth; let stand 1 hour under a damp cloth before stuffing. Makes about 1¾ pounds. Stuff fondant into dates, close gap with walnut halves.



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THE OTHER MARTINIQUE
BY JANE O'REILLY

Suddenly, it seemed a good idea to go to Martinique. We were cold and tired and hungry. We wanted to speak French. A friend had just come back from what he described as a glutton's tour of the island. While rapturously describing every dish he let slip the news about "the other Martinique."

There are, he assured us, lots of inexpensive small hideaways whose whereabouts are never revealed by the package tour promoters or the regular visitors. The French West Indies Tourist Board, on the other hand, was happy to provide brochures, warning us that the restored manor houses are often full, but there are always rooms in the guest houses.

There are now direct flights from New York to Martinique, so we went there, directly.

Fort de France is the only city other than Paris and Rome where I have taken one look at the local citizens and said: "Oh blast, I've brought all the wrong clothes." The right clothes, in the case of Fort de France last winter, were beautifully fitted little sun dresses and very elegant shoes. Luckily, outside of the city, chic is less pervasive. I managed to slouch through the streets in my white jeans and soon lost myself in the delights of a real French Prisunic.

Martinique is a full-fledged department of France—rather like Hawaii and the United States—which accounts for its shops, its chic, its prices, and its standard of living (the highest in the Caribbean). It also accounts for its tourists, who are mostly from France.

(Continued on page 78)



ED KOPEN



Where to stay and visit in Martinique: left, Plantation de Leyritz; right, Grand Rivère

THREE RESTAURANTS TO TRY IN STOWE
BY MARIAN BURR

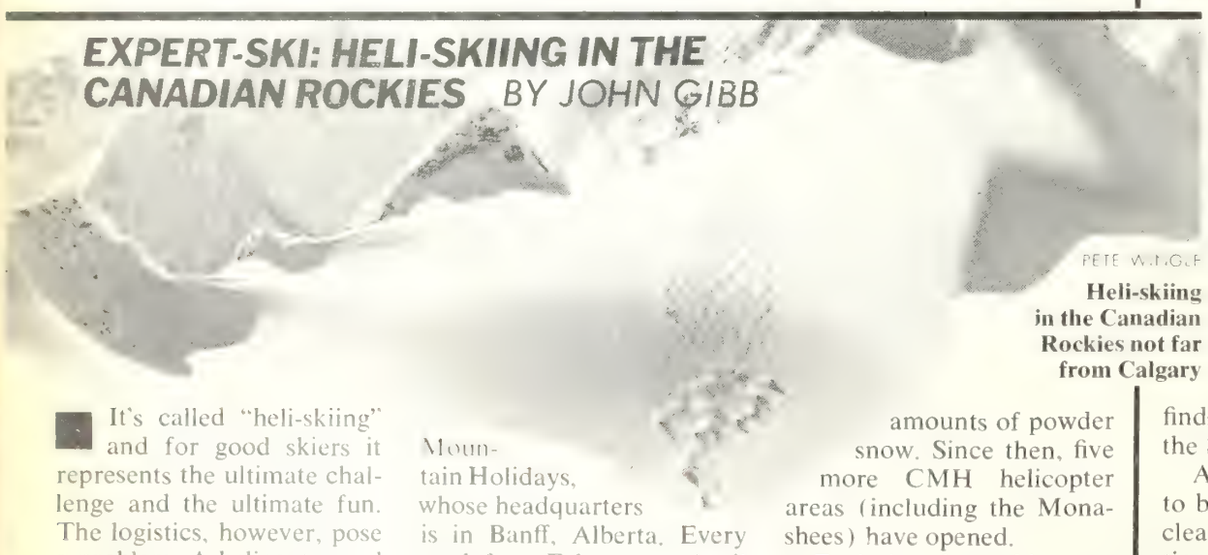
EDITOR'S NOTE: *The following is a li story that may help you find your way wonderful restaurants in many Americ ski resorts this winter. Working her r taurant-antennae in Stowe, Vt., Mar Burros, Food Editor for the Washingt Post, tells how to read between t lines in local restaurant adverti ments, how to use the take-o counter at a vegetarian restaura for ski picnics.*

Here's how my husband and found three wonderful, off-th track, little restaurants when went to Stowe, Vermont, last yea We were staying at the Top-Notc one of the handsomest ski hote anywhere. But we couldn't resi snooping around for restaura finds in the area. So we bought a copy the Stowe Vacation Guide.

All the restaurants advertise in ord to be included in this guide. We steere clear of restaurants where the descri tion ("gourmet meals" or "continenta dining by candlelight") was too vagu to give us much of a clue. Also we hav found that the simpler a restaurant' menu, the better the chance it will fulfi its promise. Few restaurants have larg enough kitchens to prepare all the dishe from scratch that a large menu calls for Very often out-of-the-way restaurant with large menus have been forced t import frozen dishes in order to hav them on hand.

The first description which caught my eye was for a little restaurant called The Hutch: "A European dinner requirin 8 hours to prepare. Cooked especially for you at a cozy farmhouse inn. Re serve several days in advance." So called to reserve and check to see i everything was indeed made from scratch. *(Continued on page 82*

EXPERT-SKI: HELI-SKIING IN THE CANADIAN ROCKIES
BY JOHN GIBB



PETE WINGLE

Heli-skiing in the Canadian Rockies not far from Calgary

It's called "heli-skiing" and for good skiers it represents the ultimate challenge and the ultimate fun. The logistics, however, pose a problem. A helicopter and a few skiers fly across unpassable terrain to mountains never skied before. The weather must be good, the guides expert, the skiers fit. The average skier never comes across powder snow this deep. It requires a special skill to maneuver in it. In various resorts around the world, helicopter skiing is available—often on a local glacier. The Canadian Rockies, however, offer a level of helicopter skiing that among skiers is acknowledged as the toughest. And, interestingly, it is available a week at the time, as a "package" experience through Canadian Mountain Holidays, whose headquarters is in Banff, Alberta. Every week from February to April CMH organizes groups of skiers in one of the five areas it's developed in the last five years. They have base camps, usually simple motel-hotels, and several different ski programs according to your experience. The following is an account from skier-writer-photographer, John Gibb, who did one of the CMH ski weeks last spring.

WHAT IS HELICOPTER

Mountain Holi- dve years ago about 250 miles east of Vancouver, B.C. to tap the vast but unreachable amounts of powder snow. Since then, five more CMH helicopter areas (including the Monashees) have opened.

Each day, forty skiers are airlifted in groups of ten from the Columbia River valley floor (alt. about 5,000 feet). Once on the summit, the mountain guide leading each group is in constant touch by radio with the helicopter and the other guides, checking snow conditions and the ever-present danger of avalanches. Each day the group will ski a new area: glaciers one day, among the lodgepole pines the next. My group (which consisted of four Olympic racers from Britain, a croupier from Las Vegas, and an Austrian princess) explored runs which had *(Continued on page 78)*


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The other Martinique
continued from page 74

Martinique's best, whitest beaches are around the southern end. We spent a day driving through sugar-cane fields, lunching on langouste, and snorkeling off Diamant les Bains

In Fort de France we visited the extremely satisfying open-air market, and looked at the remarkable Schoelcher Library, built of majolica tiles and cast-iron grillwork and named after the man who argued successfully against slavery in France. Our friend the glutton had directed us to La Grand Voile restaurant, a nautical looking place but decidedly Lyonnaise. The quenelles, the pâté de campagne, and the oeufs en gelée were delicious, but we suddenly realized we wanted the Creole Caribbean, not Lyon.

So we took the little ferry which plies constantly across the bay from Fort de France to Pointe-du-Bout. (I should have taken a sweater, the wind was chill.) Pointe-du-Bout is Martinique's proud contribution to the Caribbean tourist industry. The famous Hotel Bakoua is there, and several other large, fully equipped hotels. Nearby is La Pagerie, a small restoration of the plantation where the Empress Josephine was born, but nowadays a marina, cafés, restaurants, and grocery stores provide the effect of St. Tropez in overflow season. At night, discos and casinos open up, but that was certainly not what we had come for.

After a short, pleasant walk down the beach to Anse Mitan, we found a cluster of little hotels and guest houses—clean, spare, and cheap. Le Caraibe Auberge, for example, is about $32 for two (Modified American Plan, which means the night plus breakfast and either lunch or dinner included). Lunch was more memorable than the beach. At a little place called La Bonne Auberge, we sat outside at tables with red-checked cloths and passed the afternoon over shrimp with homemade mayonnaise, perfect French-fried potatoes, and Blaff d'oursin—a kind of stew made with lemon, a local green herb called dasheen, peppers, and in this case, sea urchins *(oursin)*. And then, turtle steak. The meat of a turtle is even more pleasurable to taste than the shell is to look at. No wonder they will soon be sadly extinct.

Martinique's best, whitest beaches are around the southern end of the island. We spent a pleasant day driving through sugar-cane fields, lunching on langouste at the water's edge in Sainte Luce, and snorkeling off Diamant les Bains. Rental cars are everywhere, and the roads are very good, so we decided to keep going, guided by our brochures on small hotels.

The developments of the vacation "industry" are quickly left behind, and the flower-strewn other Martinique is there, as beautiful as it was when Columbus found it. French is, really, a necessity for serious conversation, but smiling and pointing do perfectly well for most needs.

The route north, along the Caribbean, twists and turns between the sea and the breathtaking, changing greens of the mountains. We picnicked on a meadow on the side of a hill, listening to streams running down to the sea through jungle ravines.

From St. Pierre we drove farther north to the Plantation de Leyritz, which we had picked because it sounded rather pretty. When we got back to New York it turned out that practically everyone we knew had been there and had been keeping it a secret.

Leyritz is the most romantic place I have ever been. The original plantation dates back to the early 1700s, and it has now been reclaimed from the jungle. The manor house, guardhouse, and slave quarters have been turned into guest rooms, furnished with real antiques and bits and pieces of whatever came to hand. The effect is offhand and comfortable, and the best rooms are in the main house, with mahogany shutters opening onto views across the lawns and gardens and then over acres and acres of banana trees. The banana stalks are encased in blue plastic sacks, a colorful but rather nonbiodegradable technological notion.

From our aerie, we would descend for long walks through the rain forest, watching the bamboo sway and click together over our heads. Then we would stroll down the hill from the main house to the arching stone ruins of the sugar mills, which have been cleverly turned into dining rooms. The old water channels have been turned into decorative streams and waterfalls and at night guests are serenaded by a chorus of peepers.

Occasionally we stopped eating and anticipating the next wonderful meal long enough to swim in the pool or play tennis.

One day we drove down to the sea to the Latitude Hotel, which fronts on a long, beautiful gray beach. It is very modern and is festooned in the French manner with bulletin boards describing every known sporting activity. Our activity was scuba diving, a skill we arrived with, but quick lessons sufficient for a very supervised plunge are available.

For Sunday lunch we drove to Gros Morne in the mountains, to the restaurant Le Colibri, where Mme. Labridy presents on her terrace an almost unbelievable banquet. Mountains of crawfish preceded a glorious local soup called Calalou, followed by lamb Colombo (curry), and then by a baked pigeon nestled in a nest of fried potatoes. All was washed down by excellent French wine and mineral water, and topped off with coconut tart.

It seemed necessary, after that lunch, to hike along the trail high above the sea from Grand-Rivière, the northernmost town on the island. There, the mountains, volcanic peaks softened by the jungle, run directly into the ocean. Bougainvillaea grows over the pink and yellow and white houses, and multicolored fishing boats attack the treacherous currents. Grand Rivière seemed to be the place that the Martiniquais themselves go on their Sunday drives, a good distance from the tourists.

At Leyritz, English is spoken, but that night, sitting on the veranda at sunset, sipping rum punch, we dissolved easily into gentle murmurs of *beau paysage, paradis tropique, quelle tranquilité, Je ne veux jamais retourner à New York.* ■

Heli-skiing
continued from page 76

never been skied before. We actually named one run. An English girl in the group looked out the helicopter window and seeing nothing but steep cliffs asked if it were named Guinea Pig. Thereafter it was known by that name. (It was not as difficult as it looked.) Generally, we

Continued on page 80

JOHN GIBB



78 **Helicopter ferrying skiers to untracked snow in the Monashees**

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Heli-skiing

continued from page 78

remained in the high-powder bowls to benefit from what CMH calls the "deepest and the steepest."

☐ **IT'S NOT FOR EVERYONE**

This skiing is for people who feel at ease in the powder. Don't make the same mistake that my assigned roommate did. He had not skied powder before and had not trained at all. He told me after his second run that he had made "a terrible mistake." He was exhausted. He left the Monashees before the week was over. (For training: CMH recommends running several miles a day for 2 months to build up your stamina. That is no exaggeration: I ran 3½ miles per day for a month and wished that I had been fitter.) But don't be intimidated if you have never skied in powder and would like to try. CMH has introductory weeks for deep powder instruction. They are not in the Monashees, which are considered to be the most difficult, but in the Banff, Alberta area.

If you do decide to go to the Monashees, you should be aware of the risks. The guides, like all certified mountain guides, take every precaution for the safety of the group, but there are dangers, such as avalanches. Each person, including the guide, wears and knows how to use a Skadi transceiver or bleeper in the event of a slide. To deep-snow skiers the dangers of avalanches are a risk to be run in order to enjoy the powder snow and pleasures of the wilderness.

☐ **FOR THOSE WHO LOVE IT, IT'S BLISS**

If you have the feeling that this is an unusual experience, you're right. Even without skiing, to ride in a helicopter in the stunningly wild reaches of British Columbia is marvelous; the skiing can be truly superb (although there were two occasions when we briefly encountered crusty conditions, the snow was normally deep and light); there is something sensual as you glide, float, rise, hover, and then plunge through the steepest powder on the steepest slopes in the bowls and forests of the Columbia Valley.

You will meet a wide range of people. While I was in the Monashees, there were Austrians, English, a Brazilian, a New Zealander, a Hungarian, and Americans and Canadians.

The accommodations in the Monashees are Spartan. Our motel was simple—sometimes there was not enough hot water when you needed it. But there were no complaints about the fare. The cook was the former chef of the Dracula Club of St. Moritz. Breakfasts were huge: juice and fruit compote; sweet porridge with cinnamon and raisins; fresh honey rolls; eggs and Canadian bacon. Lunches were picnics in the mountains. (In the event of bad weather, the groups stayed close to the motel. We had fine weather five days out of six.) There were hefty supplies of sandwiches, hot tea and lemonade, sardines, nuts, fruit, chocolate and cookies, brought in by helicopter to the place where the four groups met. Dinner was sumptuous—a sample: smoked Canadian salmon, pâté, viande sechée de Calgary (but just like the real thing from Switzerland); fresh asparagus, leek, or vegetable soup; blanquette de veau, roast pork, Cornish rock hen, steak and fish and tender vegetables beautifully prepared; marvelous salads; and to finish there was always a light pastry.

☐ **NIGHTTIME IS FOR SLEEPING**

Even if the local village of Mica Creek could have offered an assortment of night spots for its population of hydroelectric engineers from the nearby water project, the skiers probably wouldn't go anyway. The days began at 6:30 A.M. and we were skiing by 8:15. We took less than an hour for lunch and we generally skied till about 5. Most of the people had disappeared to bed by 9.

☐ **WHAT TO BRING**

If this sounds like your dream vacation, there are several things that you should know. If you are a veteran powder skier, you will probably have a special pair of powder skis (much shorter and softer). If not, you will be able to rent a pair from CMH (Fischer Futuras, or K2 shorts) for $30 per week. Bring warm, reasonably tight-fitting clothes (snow down your back is misery), and several changes of warm leather gloves. The CMH ski shop is quite well-equipped with special powder goggles (Smith, $15), gloves ($20-30), hats ready-made or to order (from $7) and HCC Bugaboo suits (about $300). In the local supermarket/dry goods store I found a sleeveless down vest for $17. In Calgary there was a wide selection of cowboy boots from $30 and Western clothes such as rodeo shirts at $10. Hudson Bay coats (thick white wool jackets with four horizontal stripes) are available from the Hudson Bay Company for $67 for summer coats and $150 for the heavier winter ones.

☐ **HOW MUCH AND HOW**

Six and one-half days in the Monashees with CMH including transfer from Calgary costs from $740 (early Jan.) to $1,140 for most of February and March, excluding airfare. The Monashees are the most expensive skiing. Other weeks start at about $600 in the Bugaboos, Cariboos, or other areas. Included in the weekly price are 100,000 feet vertical of skiing. Be warned that groups often ski more than 100,000 feet—we skied 177,000 and the extra footage cost $4 per 1,000 feet. Ski rental, alcoholic beverages and wines, and accessories are all extra. For more details: See the travel booklet section, page 82, for a copy of CMH's brochure. ■

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Three restaurants in Stowe
continued from page

Thirty miles outside Stowe in an old farmhouse, The Hunt is owned by two former New Yorkers. The food is "European" because the chef-owner comes from Poland and with a long stop in New York after World War II. Though the produce at local stores is not what it would be in large cities, Henry Sulokowski has learned to improvise. In the summer he grows his own sorrel for the borscht, and in the winter he merely calls the soup "tomato cabbage."

There are just two menus served on alternate nights; you supply the wine. The dining room seats 20. (Another thing to look for—often the fewer the tables, the higher the quality of the food.)

Our menu: borscht, steamed carrots and parsnips. The bread is the Eastern European babka. For dessert: nutmeg-flavored custard with whipped cream.

Marshall Lang is the second partner and he runs the other part of the farmhouse, which will lodge a few skiers.

Looking further through the Stowe Vacation Guide I saw "The Charda, an Austro-Hungarian restaurant with well-prepared authentic dishes and specialties." When I called the restaurant, I was told that the chef-owner Julian Tarlo was Hungarian and the son of a well-known cookbook writer in Hungary. The night we dined there we had: Liptauer cheese served with fresh bread, while we waited. Lesco, a spicy vegetable dish, for a first course. Then gulyás and schnitzels, wursts and sauerkraut with sour cream. For dessert: Rigo Jancsi, a famous Hungarian chocolate cake with rich chocolate cream filling. Dinner is served seven days a week; reservations essential. $10 a person. Outside Stowe Village, Charda also lodges a few skiers.

Our third find was very satisfying because it was a good budget idea and also a take-out source for lunch on the mountain. We have found vegetarian restaurants are often a good bet, since they are usually run by young people interested in natural foods, fresh ingredients. Not every vegetarian restaurant is the answer, but many offer pleasant alternatives.

Stowe's vegetarian restaurant, Food for Thought, is located in a building that belongs to the American Legion. The clientele runs well beyond the hippie type: All ages and families jam the place. The bread is freshly baked each morning. The soups simmer on a wood-burning stove in the dining room, which has an assortment of tables ranging from old white enamel to a wooden plank on a sawhorse base. Salads are next to the soups (service is buffet): greens and a tabbouleh made of bulgur, parsley, and chickpeas. Hot apple cider and herb teas to drink. Also there are seven sandwiches on homemade bread: Take one to the top of the mountain for a lunch picnic. Everything is very inexpensive. At night the dinner entrées cost $2.25. ■

BOOKLETS
TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Mont Sainte-Anne in Quebec offers 28 ski slopes, a vertical drop of 625 meters, and a total of 13 lifts. Also: restaurant facilities, ski shop, and ski instruction. Mont Sainte-Anne and over 100 other ski areas are listed in **Ski Quebec.**

2. Ontario Winter Facilities and Ski Packages: Information on downhill skiing at over 100 areas, cross-country ski touring, snowmobiling facilities, Ontario's parks in winter, ice fishing, and a calendar of winter events.

3. Canadian Pacific's **Banff Springs** hotel is a winter wonderland with 3 ski areas close-by for downhill or cross-country. The hotel itself offers skating, tobogganing, moonlight sleigh rides.

4. Canadian Mountain Holidays has 5- and 7-day packages for heli-skiing in 6 locations, plus cross-country ski touring, and its own ski school. Check the **Heli-Skiing Handbook** for details.

5. Citizens of the U.S. or permanent residents may cross the U.S.-Canada border without a passport or visa. Further regulations, information on climate, local holidays, Customs and Immigration, and car rentals are listed in Air Canada's brochure **Travel Information: Canada.**

6. Visit the Atlantic coast of Canada—rich in maritime history, or head west to French-speaking Quebec. See it all by taking along an **Eastern Highway Map.**

7. Air Canada's "Canadapass" offers a 7-night stay for $178. The big plus is that you get guaranteed rooms without reservations at hotels across Canada, plus a car with unlimited mileage. More package tours in **Yes Canada!**

8. The second largest country in the world has something for everyone—**Canada: So Much to Go For.**

9. At Grouse Mountain, overlooking the city of Vancouver, skiing goes on until midnight. More areas listed in **Ski British Columbia.** Take along a **Canadian Rockies Ski Map** for information on skiing in southeastern British Columbia.

10. Ski the Canadian Rockies—Ski Jasper, Ski Lake Louise, or Banff. The snow is excellent, and the season is long—come anytime from mid-November to mid-May.

11. Whether you're heli-skiing or strolling, **Hudson's Bay Company** will keep you warm with its fine outdoor clothing.

12. Good snow, majestic mountains, no lift lines—this is the Skifari country of western Canada. Ski packages listed in **Our West is Best.**

13. Save more than 30 percent on ordinary air fare with TWA's Super Ski Tour fare. **TWA Getaway Skiing the Rockies** gives specifics, plus 50 colorful pages on America's best ski resorts.

14. Stowe—Ski Capital of the East has more than skiing to offer. Lodging, dining, where to shop, and more.

15. Buccaneer's Creek, Club Med's Creole-style village in Martinique, offers day-trip picnics, boat rides, French lessons, water sports, and 70- to 90-degree weather year-round. The **Trident**, Club Med's magazine, tells all.

16. Eight days/seven nights from $94.50 at one of five hotels in Martinique. More bargains detailed in **The Best of American Airlines.**

17. All the things you'd expect to find on a British island—plus gentle weather and 30 miles of pink sand—in **Bermuda.** Complete vacation kit: 5 booklets and map.

18. Marco Beach Hotel and Villas—on a secluded island off Florida's Gulf Coast—has 15 tennis courts, two 18-hole golf courses, swimming pools, sailboats to rent, and a backyard of powder beach.

19. Three nights/four days at the Homestead for $224 is one of American Express's 12 handpicked vacations that present life **In the Grand Manner.**

20. New Orleans is known as the birthplace of jazz, and the home of the Mardi Gras, but it also offers a historic Garden District. Just one reason to visit **Louisiana . . . for the fun of it!**

21. Carter's Grove Plantation, Williamsburg, Va., an 18th-century house with things to see on 600 acres of land.

Circle the number of each booklet you want. Add 50¢ for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dep. 12A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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Crystal by Baccarat

'Twas the night after...

...and all through the house, not a creature was stirring except the two of you as you sipped Amaretto di Saronno. The *originale*, beautifully wrapped for the holidays in the green velvet box with roses on the cover. The gift of love from Saronno, the village of love. Whether you give it, or receive it, Amaretto di Saronno means a memorable night after.



ALASKAN TOWN ALLOWS WOMAN TO SMOKE!

BROKEN NECK, ALASKA, NOV. 5 — By unanimous decision the citizens of Broken Neck voted to allow female smoking within city limits. Mayor Robert Sherman explained the vote by saying, "When you gots only one woman in town you lets her smoke."

You've come a long way, baby.

VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.





Fashions: Bill Blass

16 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Aug. '77

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

CHRISTMAS AT HOME

the wonder and the joy

This year, when the mistletoe is up, the carols pealing, family and friends gathered around the holiday table sharing the warmth and festivities of Christmas, take a moment, and consider:

In all the history of humankind, there has been only one reported birth accompanied by the dramatic appearance of a brand new star. What was that star, people of science ask. A comet, perhaps? A supernova exploding in a dazzle of glory millions of light years from Bethlehem? Or the coincidence of three planets—Saturn, Jupiter, and Mars—combining their reflected light at that moment in history (and indeed they did, as today's computers tell us).

Some people prefer not to have their miracles explained, fearing that too much probing destroys the magic. But does it? Science has revealed secrets of worlds so small we could not have imagined their existence, and a universe so vast it cannot be measured in three dimensions. But always beyond the boundaries of our grasp lie mysteries unexplained and undiscovered. "The greatest miracle," Einstein said, "is that we can understand any of it."

At Christmas, we celebrate the birth of a child who changed the world. And whether the event was heralded by a supernova, the configuration of planets, or a special creation that can never be explained, it is no less a miracle. "When they saw the star, they rejoiced with exceeding great joy," Matthew wrote. Each Christmas we keep, we rejoice again, for miracles past—and for wonders still in store.

HOUSE &
GARDEN

DECEMBER,
1977

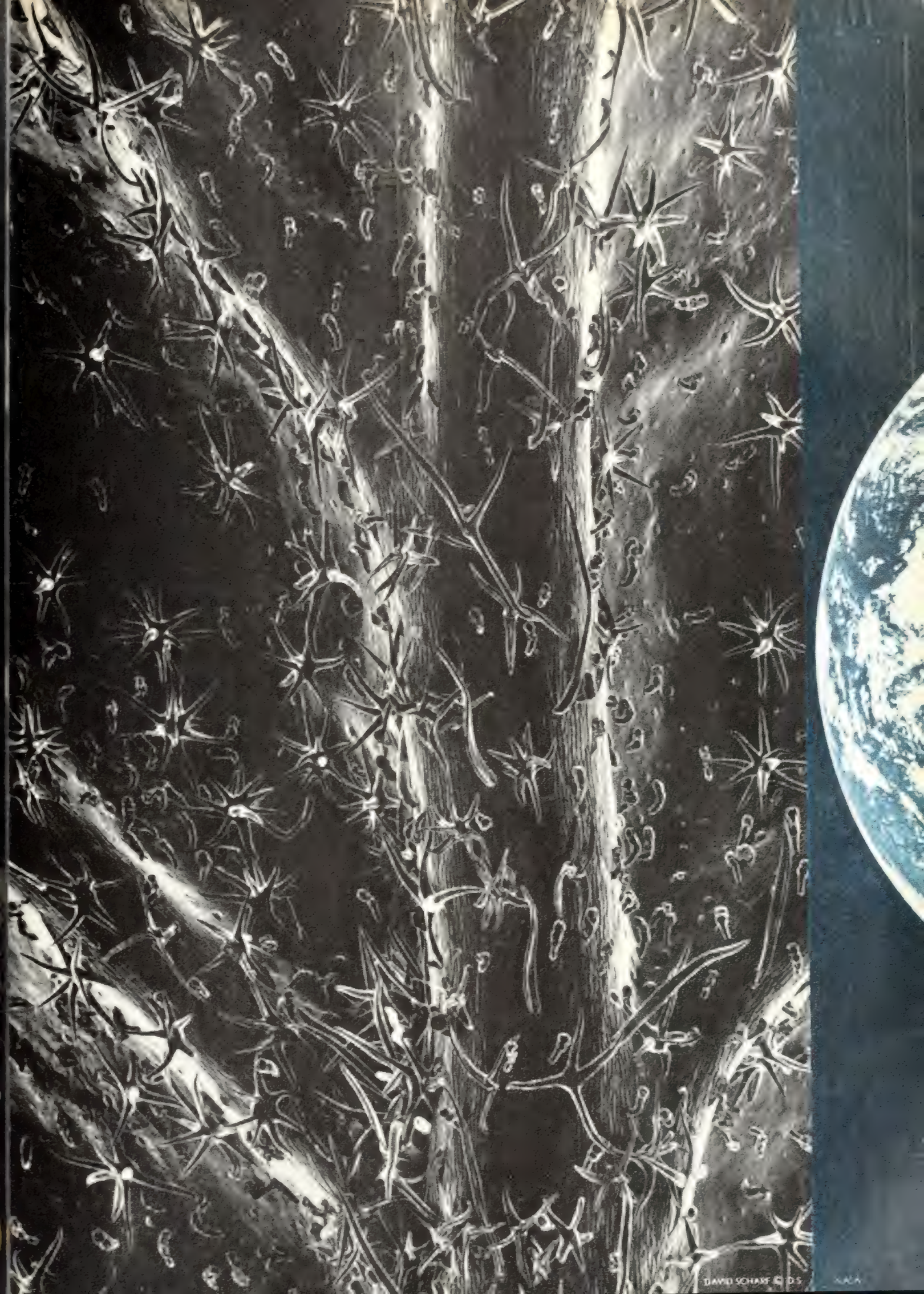
The enormous party

"The more Nature reveals to us, the more it has the look of an immense gathering with presents all around, and, despite the wild differences in form, a family affair as well."

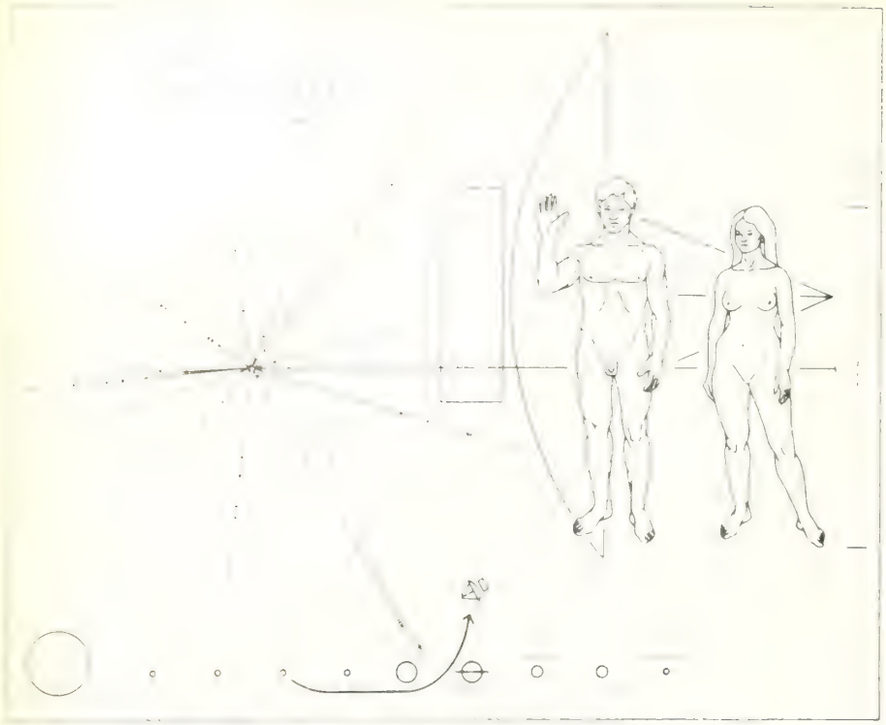
(Continued on following page)

Opposite page, far right: **Earth, child of the stars, full of miracles...**
Opposite page, near right: **A microscopic festival of star-like outgrowths on the underside of a scrub-oak leaf magnified 77 times through the magic of the scanning electron microscope. Photographed by David Scharf.**
Left: **Man-made stars: electric lights strung on bare trees—part of the outdoor Christmas exhibit at Longwood Gardens.**

Beadle


DAVID SCHARF © D.S.
NASA

The enormous party



An inspiring look at the presents nature gives freely in a joyous celebration of life

BY DR. LEWIS THOMAS

The more Nature reveals to us, the more it has the look of an immense gathering with presents all around, and, despite the wild differences in form, a family affair as well. Giving things away is an ingrained habit among the living things of our planet; it is ordained, genetically determined. You could call it trading, I suppose, since everyone gets something in return, but there is such freedom and exuberance in the giving as to seem more like celebration than hard business.

Every kind of creature is dependent for his life on the life of other creatures nearby, and this meshwork of interdependency is spread over the surface of the whole planet. The most lavish of the presents, there for the asking, is the air itself. Oxygen is pumped into the atmosphere by green microorganisms, some free-floating in the sea, others living as permanent lodgers inside the cells of other organisms; the plants are green because of these creatures. Carbon dioxide, on which the plants depend for their use of solar energy, is pumped in by other microorganisms, the ones that use the oxygen; most of these also live as residents, called mitochondria, inside the cells of other animals. Were it not for these two great classes of microbe, dominating in benignity the whole planet, none of the rest of us would be here.

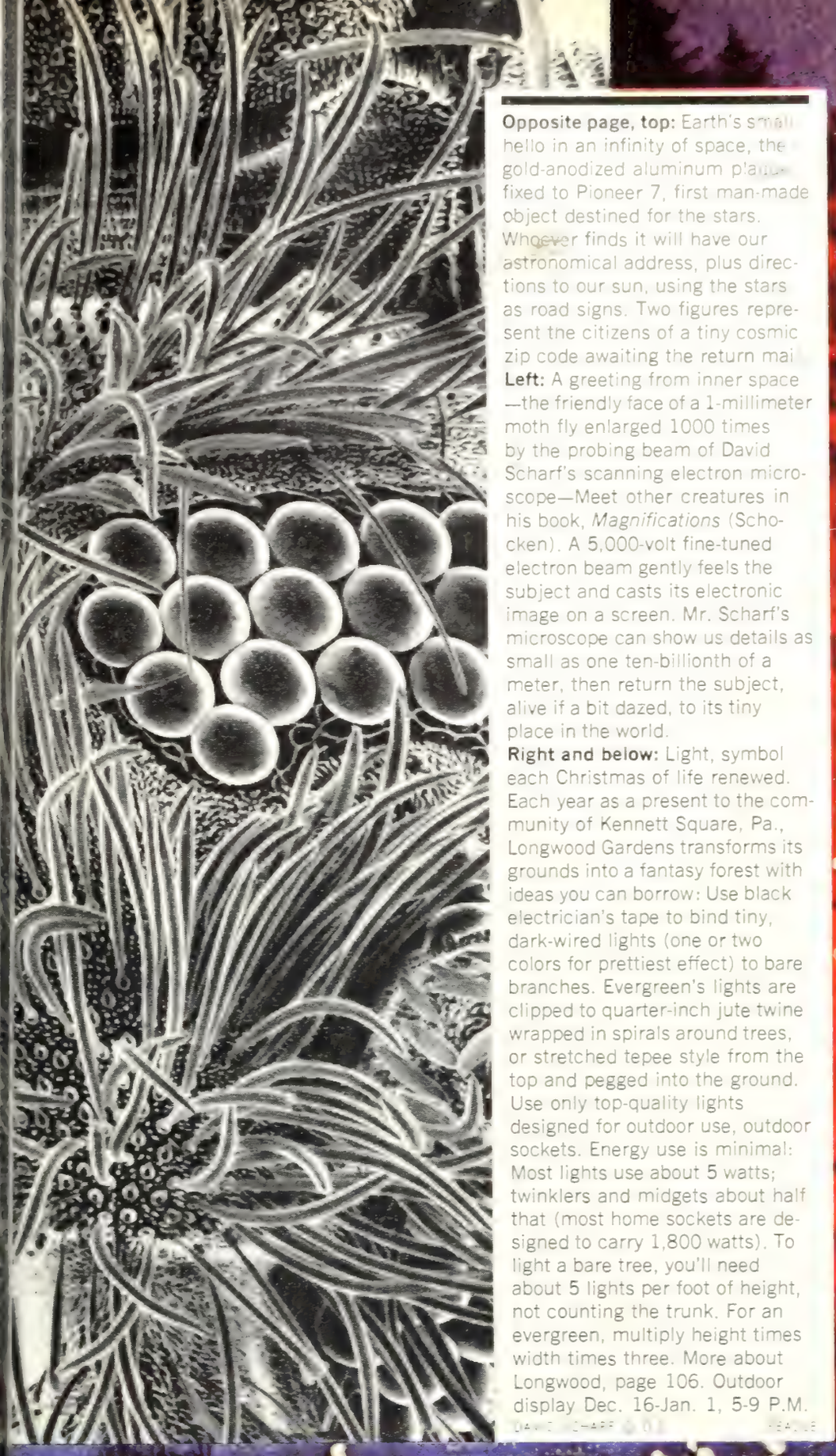
Another mass of bacteria, the nitrogen-fixers, allows us to make the protein which we use for constructing ourselves, by taking nitrogen from the air and arranging it in molecular configurations within plants. They do this by "infecting" the roots of plants, but there is no disease, only the root nodules of beans. It is a model of interliving, a paradigm of the balanced complexity and intricacy needed for such arrangements. The bacteria invade the root-hairs of the plant and find a place where they can live and be nourished, and then they make the enzyme that the plant needs for incorporating nitrogen. The enzyme is fragile and needs protection from oxidation, and this is provided by a form of hemoglobin made in a collaboration between the bacteria and plant cells, two separate creatures assembling a single molecule. It is as intimate an exchange as one can find anywhere in nature: It has been suggested that the bacteria originally had all the DNA for this molecule, and donated some of the genes to the plant long ago. Bits of DNA are moved about in nature from creature to creature, with a lot more freedom than used to be thought possible.

Viruses can lift the genes from certain cells and carry them off, later attaching them to the genetic heritage of other cells. It is a way of passing information around quickly. Cells from totally different species are capable of fusing to form single cells from single nuclei: hybrids, half man-half mosquito if you like.

Altruism used to be a puzzle reserved for philosophers, but it has recently become a specialized technical term for a central puzzle in biology. How can it be that creatures have evolved with sets of genes determining altruistic behavior? *(Continued on page 128)*

Editor's note: *Lewis Thomas is president of Memorial Sloan-Kettering Cancer Center in New York. Throughout his distinguished medical career, Dr. Thomas has managed an extraordinary combination of teaching, administration, public service, and research in a chosen field—"the mechanism of tissue damage in infection and immunologic reaction." Wherever he works he has a research lab: "I get depressed if I don't have one. Other people play golf or bridge; I go to the lab." He also writes with perception and poetry about biology and health, life and language, man and nature. In 1974 Dr. Thomas won a National Book Award for* The Lives of a Cell *(Viking Press).*



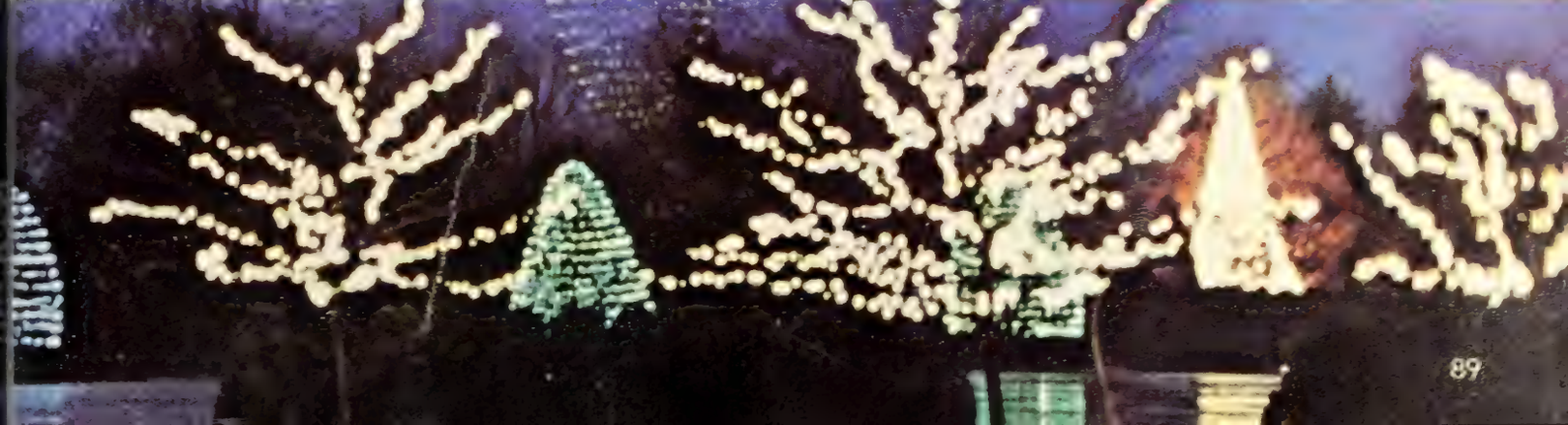




Opposite page, top: Earth's small hello in an infinity of space, the gold-anodized aluminum plaque fixed to Pioneer 7, first man-made object destined for the stars. Whoever finds it will have our astronomical address, plus directions to our sun, using the stars as road signs. Two figures represent the citizens of a tiny cosmic zip code awaiting the return mail.

Left: A greeting from inner space—the friendly face of a 1-millimeter moth fly enlarged 1000 times by the probing beam of David Scharf's scanning electron microscope—Meet other creatures in his book, *Magnifications* (Schocken). A 5,000-volt fine-tuned electron beam gently feels the subject and casts its electronic image on a screen. Mr. Scharf's microscope can show us details as small as one ten-billionth of a meter, then return the subject, alive if a bit dazed, to its tiny place in the world.

Right and below: Light, symbol each Christmas of life renewed. Each year as a present to the community of Kennett Square, Pa., Longwood Gardens transforms its grounds into a fantasy forest with ideas you can borrow: Use black electrician's tape to bind tiny, dark-wired lights (one or two colors for prettiest effect) to bare branches. Evergreen's lights are clipped to quarter-inch jute twine wrapped in spirals around trees, or stretched tepee style from the top and pegged into the ground. Use only top-quality lights designed for outdoor use, outdoor sockets. Energy use is minimal: Most lights use about 5 watts; twinklers and midgets about half that (most home sockets are designed to carry 1,800 watts). To light a bare tree, you'll need about 5 lights per foot of height, not counting the trunk. For an evergreen, multiply height times width times three. More about Longwood, page 106. Outdoor display Dec. 16-Jan. 1, 5-9 P.M.

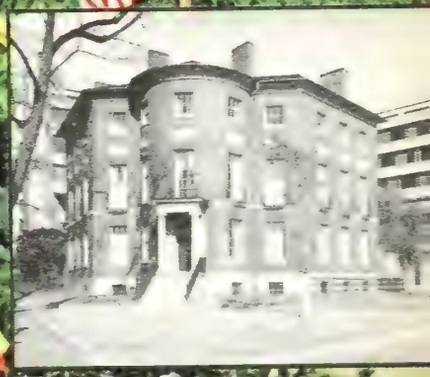


Delight in tradition



Let the children bake a bûche de Noël

Seven-year-old Gregory Harden can tell you his Christmas log has its roots in European tradition: the yule log, kept burning on Christmas Eve from sundown to midnight mass. The symbolic bûche de Noël later became a tradition of its own—a genoise cake roll with chocolate icing bark, pistachio moss, and meringue mushrooms. Gregory and his mother, Belgian-born cooking teacher Isabelle Marique, baked theirs in a special mold she designed. For recipes and details, see page 131.



Trim the tree with antique toys

Visualize a 19th-century Christmas tree decked with 15-star flags, handmade paper chains and papier-mâché ornaments, candies wrapped in cellophane, real candles, and at its feet, marvelous old toys like "Mrs. Granby" in her ladderback chair. They're all gathered in the drawing room of historic Octagon House, Washington, D.C., *above*, which looks much as it would have in 1801, when the original owners, Mr. and Mrs. John Tayloe III, celebrated their first Christmas there. For more 19th-century spirit, turn the page.

Horst



An antique American Christmas in a house with a heritage

Pick a Colonial symbol of hospitality —a pineapple—nestle it amid bright ripe apples, circle with holly, and hang it over the door: festive inspiration from the Octagon House, a national landmark in Washington, D.C., restored as a museum by the American Institute of Architects Foundation. Here's a typical 19th-century Christmas feast that would have been eaten "downstairs" while family members celebrated "upstairs" in the dining room. Decorations in the brick-floored kitchen were plain and simple, the menu, hearty: Williamsburg split pea soup, sugar-glazed ham with cranberries and baked potatoes, cornmeal breads, muffins, cookies of 1812, walnut mead wine. Recipes page 152.

Right: For Christmas dinner, blue and white Canton and Staffordshire on the old oak tavern table. *Left:* Under the pineapple, a holly wreath with heather for good luck. *Top:* Watercolor of house, 1830-40. *Opposite page, right:* Treaty room, where President James Madison ended the war of 1812.

HORST



Keep it natural

With less than a handful of candles, apples, and fresh greenery, you can fill a great big room with Christmas

This Christmas, think natural—and you can create your good cheer without spending a lot of money. All you need are greens and lots of them, baskets of apples, nuts, and pine cones, and Christmas-red candles—the more the merrier. (You can begin a collection now, add to it each year.)







To get started on your decorations, first take a look around your own yard to see what needs pruning or cutting: The big juniper tree in this room came right from the owner's front lawn—it had been blocking her view for years—and the holly boughs being fixed on top of the armoire unburdened an overgrown bush in the backyard. If you don't have your own greens, maybe you have friends who do: if there's a National Forest near you, ask if you can cut greens (some forests will let you). Or take an excursion to the country and get all you need from local garden shops. And, while you're there, visit a chop-your-own Christmas tree farm. For extra greenery, use family plant presents to decorate the house as long as the holidays last.

Above: A natural Christmas with an undecorated tree, boughs of holly, a poinsettia on the side table. Behind the sofa, a pair of Euonymus Fortunei bushes contributing to the festivity until they are planted outside.
Opposite page, above: On the coffee table, a forest of candles, green apples and Teddy, snuggling his walnut bed.
Opposite page, below: Christmas-red apples, green grapes on a bare wood table. Rosenthal china. Red bandana print napkins from Henri Bende.

keep it natural

With easy-to-make garlands, baskets of greens

One of the nice things about a simple Christmas is that everyone—even the children—can pitch in to make the decorations. To deck these walls, the family spent a day gathering greens, then turning them into garlands for the staircase and the chandelier, and a 6-foot wreath to fill the space above the mantle (to learn how you can make them, see opposite page). They bought evergreen boughs to make the wreath (you might use several together), and laurel to make the garlands. These they hung by draping them in broad scallops up the stairs, then down again, creating double loops held to the bannister by fat ribbon bows. Included in the decorating budget were all the evergreens for the baskets, the two bushes growing in wooden tubs, red candles of every height and girth, all the apples and nuts, and several spools of 2-inch red acetate ribbon.

Right: A family-made Christmas with simple greens, red ribbon. The wreath, like the Christmas tree across the room, is untrimmed. Furniture from Lord & Taylor and Phillip Daniel, Durrie rug from Rosecore.

Big green wreath you can make yourself

Greens tucked in mantelpiece baskets

Apples for pie on a hidden ba of newspapers

Basketful of pine cones

Evergreen trees to plant outdoors

Twist-it-yourself laurel garlands for banister and chandelier

Right: The chandelier dressed with a fresh green garland that's easy to make with laurel branches and 23-gauge spool wire. First tie the wire to one branch. Then join branches, covering stems with leafy tops as you go. (The shorter the stems, the more flexible your garland will be.)





You can make the wreath the same way. Choose a sturdy circular frame (wood, metal, or styrofoam will work), the diameter of the finished wreath and wire branches around until ring is covered.

Left: Bows for the baskets, garland.



Christmas cookies with a European heritage, so beautifully tinted and formed they make great tree ornaments as well as munchable gifts. Swiss-born photographer Marina Schinz Rubin (she took these pictures), makes them from family recipes with the help of her children —Tom, 13 and Cady, 12. There are *springerli*, the harvest symbol, and *zurcher leckerli*, the well-dressed gentleman, some tinted with ground sandalwood and raspberry juice for red, pistachio for green, chocolate for brown. When finished, they're given a jewel-like sheen with an orange flower water glaze. Allow a day to make and tint dough, 1 or 2 days to let cookies shrink and set shape. They keep for several weeks in airtight tin boxes.

Left: Ingredients and molds.
Right: Finished cookies.
Above: Tom and Cady Rubin molding and cutting cookies. Behind them, portraits of ancestors from whom Mrs. Rubin inherited recipes and forms. Recipes, shopping information, page 144.

Marina Schinz

THE JOY OF CHRISTMAS

Make it delicious



Here's a different kind of Christmas cookie tree: tiers of cardboard trays to dispense favorite homemade morsels of the season. Nini Circiello (Mrs. Gino Circiello of Gino's restaurant in New York) makes one each Christmas and sets it by the door so guests can pluck one of her melt-in-the-mouth cookies as they come or go; there are always plenty of refills. To make your tree, start with a cake plate or other footed stand. Cut stiff craft paper in circles of decreasing diameter. Put largest circle on stand, circle with cookies. Place a ramekin or small bowl in center to support next tier; continue adding cardboard circles and bowls to make a 5-tier tree. You may need a plate beneath cardboard circles for extra support.

Above: The cookie-tray tree. *Above left:* Cookies, from left: cornmeal, chocolate, meringue, shortbread, and almond cookies dotted with nuts. Recipes, page 142.

With wonderful cookies the whole family can bake

Let it inspire you





With trees and tables of glitter and gold

Opposite page, left: A tree hung with three kinds of twinkle—silver, red, green, the only colors on Mr. and Mrs. Hugh Newell Jacobsen's skyscraper pine. Ornaments are international; wrapping paper is a graphic calendar designed by Massimo Vignelli.

Opposite page, right: Christmas birthday table with cellophane cloth that looks like ice, fat candles planted in packaged dime-store snowdrifts blossoming with gardenias, white camellias, orchids, and roses lit by tiny lights hidden in the snow. Setting by Richard Lowell Neas.

This page, left: A treasure tree rich with costume jewelry as splendid as anything in Ali Baba's cave. Designed by Parish-Hadley and Mrs. Gordon Getty for the ACT (American Conservatory Theatre) 1976 benefit in San Francisco.

Right: A Midas tree glowing with golden ornaments—balls, stars, and

RUSSELL MACMASTERS

Let Christmas inspire you

With lights, glamour, and fantasy trees

Above: An artist's tree for an artist's gallery. Each year Jock Truman asks his distinguished stable of painters and sculptors to design an ornament for the gallery of trees. The result is a holiday caprice with papier-mâché and wood sculptures, ceramic, yarn, feather, and sequin didos—whatever tickles the artist's fancy. A similar tree of family-made sculptures might prove a charming and inexpensive way to greet St. Nicholas. **Below:** A Christmassy pair of tropical evergreens called Norfolk Island Pines (Araucaria heterophylla) sit in their baskets throughout the year, then dress





WILLIAM P. STEELE

up for the holidays. They wear nothing but their needles until December, when they are bedecked with red ornaments and partnered with wreaths and poinsettias to sing a botanical carol at the front door.

Opposite page, right: A tree to delight a child and warm A.A. Milne's heart. Its wonderful ornaments, some turn-of-the-century, are the childhood toys of two generations: puppets, marionettes, old dolls, plain and fancy, and all the animals of Mr. Milne's Pooh books. What space is left is filled with papier-mâché balls, bows, and tiny teardrop lights. Design by Jim Goslee of The Fernery for the Thornton Wilsons.

Above and below: The shimmer of gold, the freshness of living green, and the twinkle of tiny white lights give the living and dining rooms in this house a fairy-tale sumptuousness that lasts through Twelfth Night. Holiday curtains of gold lamé (the kind used for stage costumes) are hung in swags tied so with green velvet ribbons. Trees in the garden are powdered with lights, and in the living room, a superb topiary tree is lit by the same lights and what seem to be a thousand gold-thread balls. On the mantel, lemon leaves and candlelit Japanese gold fans; in the windows, pomander-like balls of fresh holly.
All decorations by Renny.

Above, right: A tree so full of balloons it could go around the world between now and New Year's. Crystal clear, the rubber spheres are lighted by different colored spotlights stationed around the room. A flick of a switch produces a rainbow of Clouds 9, 10, and 11. Strips of silvery polyurethane film flutter in this barrage of light, and the only other decoration is sprayed-on snow. Designed by Mario LoCicero.

Below, right: A South Seas tree studded with polished nautilus shells. Designed by Richard Gervais of New Manilla Imports for Maryon Davies Lewis for the ACT benefit.





Let Christmas inspire you





Above, left and right: *Really* getting back to nature, a dining room with one beautiful cone-adorned tree and a wreath like a circular topiary. On the table, right out of an 18th-century Japanese forest, two life-size pine deer. Setting by Michael Taylor for Mrs. John Rosekrans Jr. and Mrs. Gorham Knowles for the ACT exhibit.

Below: As much fun as a barn dance, a country dining room with a table long enough for the Virginia reel. There are tree stumps for stools, a wheelbarrow for presents, hay-wrapped crates for atmosphere, fir hall trees for cowboys' Stetson hats. Setting by designer William Gaylord and Mrs. John Ward Maillard for ACT.



With living trees, pure and simple

In 1976, just before Christmas, an exhibit of decorated trees and holiday table settings was held in San Francisco's Ice House, an old warehouse turned decorating center. The occasion, chaired by Mrs. John A. Vietor, aided by Mr. Robert Zinkhon, was a benefit for ACT, an acronym for the city's leading "little theatre," the American Conservatory Theatre. The show lasted only 3 days, but in that brief time scored a gate of $25,000. A similar exhibit will be held this year, but for *10* days beginning November 29.

San Franciscans were delighted with the trees and tables, some of which you see here and on the previous pages. Even the ones you don't see are full of ideas you can borrow for your own holiday settings.

For example: **A fresh holly tree** hung with antique Danish straw and wood ornaments and unique cookies made by an artist with a sweet tooth. **A 14-foot-high tree** made of stuffed canvas, a kind of arboreal rag doll, hung with Nigerian gourds inscribed with silver. **Truly exotic,** a flock of origami gold-paper cranes tacked to a wall in the shape of a floor-to-ceiling tree. If origami is your forte, this is a spectacular way to immortalize, if only for a while, those hours of folding. **Clumps of fresh herbs** and little boxes of dried ones gave one tree a heavenly fragrance. There was a tree peppered with **tiny teddy bears,** all colors, all shapes; a **Hansel and Gretel** tree of cookies, all colors, all shapes, and **a gourmet tree** full of wooden kitchen implements, packaged cheeses, and tinned pâtés. These are idea trees. Help yourself to the trimmings.

Right: The dining room of an old New England inn, updated by designer Bill Blass, who lives in it. The trees' (spruces and a pine to be planted outside later) only decoration is the gloss of their needles. On the floor, flats of narcissus; on the table, a documentary quilt and ceramic roosters crowing a Noël.

PUSSELL MACMASTERS BEADLE



BEADLE



Glory to the flowers

In a Christmas garden— a joyful noise of color, flowers of the spheres

Christmas in a plant-filled crystal palace has a special kind of sparkle, like a present wrapped in living green. At Longwood Gardens in Kennett Square, Pa., where each year the main conservatory is filled with flowers gathered from 3½ acres of greenhouses, there is a spirit of exoticism in the glass house: lush jungle-like green walls and huge hanging globes of chrysanthemums (to learn how to train your own, see page 194). Patches of bright spring blossoms add a different note—the promise of new life to come. And sparkling everywhere are the colors and lights always part of Christmas's festivity. Poinsettias, nearly 3,000 of them, line up in borders, hang in baskets, are trained as standards. Flowers of all kinds join the throng: iris, cyclamen, begonias, narcissus, lilies of the valley, hyacinths. Longwood is open to the public daily, admission $2. See its outdoor Christmas celebration, page 89.

Right: Chrysanthemum globes and columns like tree trunks [illegible] pumila.

Above: [illegible] row upon row of poinsettias, [illegible] main conservatory.







Twinkling topiary. poinsettias in the air

Left: High above a shallow pool, huge balls of Annette Hegg poinsettias, grown in hanging baskets and trained to brim over their edges. Beyond, a wreath of many-colored evergreens. *Above:* Twinkling boxwood topiaries that anyone can make instantly: just lots of cut greens poked into plastic foam forms. In between, pink cyclamen and blue spikes of bush coleus (C. thryrsoideus).

BEADLE

Imagination, country style

Sister Parish's house in Maine full of handcrafts, collections, practical ideas, and her own invincible vitality

When a house has been a family's home for more than four generations, family heirlooms and homemade crafts can become an important part of the decorating. And when it belongs to Mrs. Henry Parish II, one of the country's most sought-after interior designers, family tradition gets the Parish treatment: a sense of quality and comfort, a sense of style, and a sense of humor. For Mrs. Parish, designing a room is first a matter of down-to-earth practicality—every room must be perfectly suited to one's living needs—and then a deliberate but freehanded combining of things to please (and tease) the eye: "You can mix everything, the old with the new, the good with the not-so-good, colors, patterns, styles, everything." Her own house in Maine is filled with collectables gathered during a lifetime of accumulating "everything I loved and could afford at the time," plus all kinds of family mementos. In the living room, *left and right*, there are fine antiques, like the needlepointed chair found on a trip to Scotland, living happily with found furniture (the sofa and the armchair), local handcrafts—the wooden valances painted to look like fabric and the carved wood rooster—and lots of family-made treasures: The slice of watermelon was painted on a piece of driftwood by Mrs. Parish's daughter; the teapot pillow needlepointed by Mrs. Parish herself. The portrait of her Pekingese, painted by a cousin, "was supposed to be of me. I sat with Yummy on my lap—and this was the result."

A house should reflect you

On the porch, *above left*, an easy-to-maintain fiberglass trellis with hanging baskets spilling begonias. Geraniums grow in fiberglass garden boxes. In the living room, *left and right*, an old fireplace with a piece of needlework to trim the mantel.

style



"The easy way to refresh a room: Take what you have and use it in a new way"



Take color from flowers

At one end of the dining room, *right*, an indoor patio that mixes old with new, wood with wicker, bright colors with muted ones—and even a purple delphinium with a head of lettuce (in the bowl on the end table). The new white wood sofa—it's like a deep-seated garden bench—looks right at home with the wicker armchairs and tea tray, the old Spanish needle-pointed rug, and the antique table with a handpainted zigzag border that echoes the pattern on the lamp. To bring the sunshine in, bursts of yellow everywhere: in the linen floor-to-ceiling curtains, the striped silk throw pillows (a passion Mrs. Parish loves to indulge), and the yellow lilies behind the fanback chair.

If it's suitable, it lasts

A quiet corner of the parlor, *left*, a room "I haven't touched for over forty years." She hasn't had to: The country look of old-fashioned ruffled tied-back curtains layered once in dotted swiss, once in a floral chintz, fits perfectly, timelessly, with the whole informal atmosphere of the house; and the room is exactly suited to Mrs. Parish's lifestyle in Maine—relaxed, peaceful, and comfortable in every sense of the word. Instead of a very bright color, Mrs. Parish wanted the room to suggest blue, so starting with the blue cotton chintz to cover the old sofa, she built up color with floral chintzes all touched with blues, and laid a blue-striped rag rug underfoot. Everything's at ease here, even the pictures against the windowpane. Flowers in a tôle vase. Presiding over the scene, a porcelain parrot.

Crafts make it personal

What was once an awkward narrow stairway, left, is now a charming garden path with a runner Mrs. Parish needlepointed herself. She loves to make things for the house: "It makes the whole house so much more personal than if you go out and buy everything—and I enjoy doing it." To balance the old wood banister, Mrs. Parish has a bamboo railing painted on the wall, and, above it, trompe-l'oeil shelves with fruits, flowers, and a teapot. Crowning the doorway, a panel of wood painted with a basket of flowers. The umbrella stand is a retired French bread carrier. The owl is carved of wood.


"Nonconformism.
Nobody ever
decorated brilliantly
by following rules"



Follow your impulse

In the guest room-sitting room, *right*, a mélange of patterns, colors, and styles. Mrs. Parish mixed the bold stripes of the handwoven Irish rug with the most sensuous fabrics she could find: a hand-embroidered batiste to float around the bed and floral chintzes to drape the windows and cover the sofa pillows (the twin of the one in the dining room). But good decorating needs a sense of whimsy, too. So, Mrs. Parish replaced an ordinary country view with an exotically populated birdcage hand-painted on a French screen. And with her instinct for perfect placement, she put a curly maple table at the foot of the bed. "I need a writing table in the room and that was the only place left for it."

So that's where it went. At the sofa, an old wicker picnic basket does just fine as a coffee table. And that's her dog Bumble Bee on top of it, snug in an Indian throw.

Turn problems inside out

To accentuate the charming idiosyncracies of an upstairs bedroom, *left*, Mrs. Parish ran a rose-garland wallpaper border around the eaves and boldly across the ceiling. Then for the nooks and crannies she brought in a miniature Victorian sofa—it was a store's model of a larger version—covered it with tiny pink chintz rosebuds, and gave it a milk stool, painted with a single blossom, for a coffee table. The two white chairs with pads that match the curtains and the shade are part of a group of 100 pieces of furniture Mrs. Parish bought for $100 in one bargaining coup. On the sofa, a throw Mrs. Parish wove herself.



Be true to yourself

Mrs. Parish's own bedroom, *left*, a quiet romance of eight different patterns, all with flowers and colors in common. Mrs. Parish covered the walls with a tiny white-on-pink wallpaper, the floor with a pink-toned rag rug, and everything else with rose-printed chintzes. On the bed, a flowery old quilt. The tester bed used to belong to an army colonel—his name is inscribed in the baseboard. His wife's is in another bedroom. "They must have been an odd pair. His bed is 6 inches wider than hers."

HORST



When your decorating is right for the way you live, your rooms last forever"



Christian Reinhardt

Idea:
Serve your present with crackers



SANTA





Idea: Tuck a grade-A gift in a carton of eggs

appings from the dime store, rdware, and grocery, signed by Claude Langwith. *t:* Saltines glued to a box utter spreaders.
posite page, top: Packages for a picnic, and packed h picnic gear.
posite page, bottom: Give a prize (a beautiful ring, perhaps) in a Cracker Jack box
Above left: Herbal teas in a gold tin, name-tag tea bag.
Above right: Doggy-bag some canine treats, tie with a bone and paw-print greeting.
Right: Stone egg from John Rosselli, with 11 real ones.
Below right: Sponges with a surprise center full of soap.



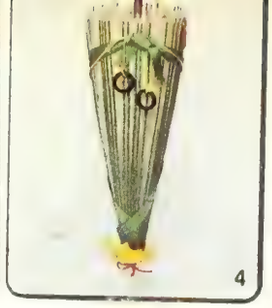
60 last-minute presents and inventive wrappings— from 45¢ to $15

ON SHOESTRING





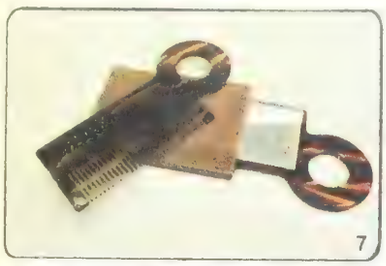






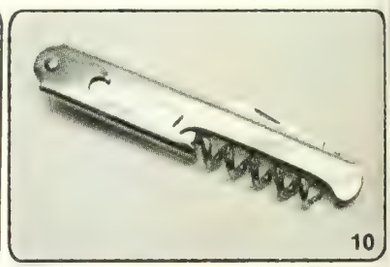


1. Orange flower water for cooking or confection recipes. By A. Monteux. 3 ounces, $1.50 at Maison Glass. **2.** A palm fan, natural topping for a thin brown box. **3.** Mini ceramic shopping bag. By The American Apple Pie Co. 4 inches, $10 at Macy's Cellar. **4.** Japanese umbrella closed around a soft gift, tied with silk. $4.49 at Azuma. **5.** Food processor accessories: acrylic funnel, wooden plunger for easy filling. By American Market Place. $10 at Bloomingdale's. **6.** Cardboard berry box for a present topped with a pot scrubber.







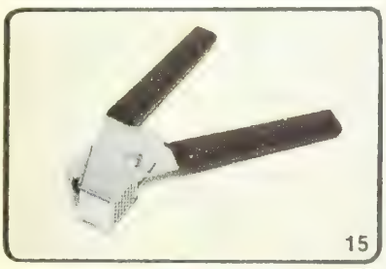










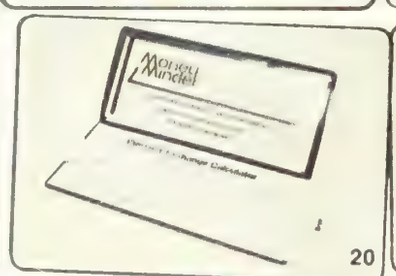






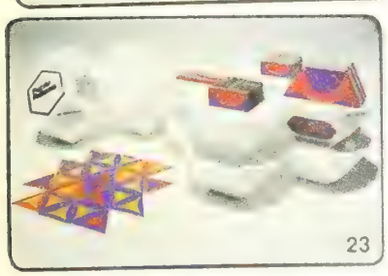


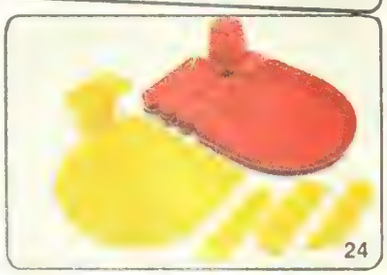
















SANTA ON A STRING

7. Mock tortoise-shell comb and mirror in suede case. $14.50 at Boyd Chemists. **8.** For a cook's stocking, squeezable tomato paste. By Cirio. 5 oz., 90¢ at E.A.T., Henri Bendel. **9.** French vinyl-coated clothespins in 6 colors. 5 doz., $5 at Williams-Sonoma. **10.** Waiter's corkscrew. $4.95 ppd. at Hoffritz. **11.** China yogurt cups. Dutch apple, other flavors. By Seymore Mann. $5.75 ppd. at Pequod Emporium. **12.** Wine bottle spouts. By Rowoco. 6 for $1.25 at The China Closet. **13.** Egg separator. By Hoan, $3 at Bloomingdale's. **14.** 6 wood-handled stainless steel kitchen tools. By Rowoco. $1.50-$4 at The China Closet. **15.** Right off the press—garlic, of course. By Rowoco. $3.50, The China Closet. **16.** Colors by the dozen: 12 Niji marking pens. $3 at Arthur Brown. **17.** 12 sculpting and pottery tools. $10.95 at Arthur Brown. **18.** 12 baking utensils in a gingham bag. $11.50 ppd., at Puckihuddle. **19.** Sacks of herbs for fish, chicken, meats. By Soleillou. 4 2-oz. bags, $12 at E.A.T., Henri Bendel. **20.** A "francly" simple currency exchange calculator. $3.95 ppd. at Hoffritz. **21.** Stitch a tape measure to its own ribbon wrapping. **22.** Tin tea caddy with hinged roof. By Ian Logan. $5.60 ppd. at Pequod Emporium. **23.** The un-puzzle. Parts fit many ways to create vivid patterns. By Synestructics. $6.50 ppd. at The Discovery Shop. **24.** Break off a table-setting: Utensils come molded together. By J.P. Vitrac. 6 for $12 at Cache-Cache. **25.** Embroidery floss tied with a festive ribbon. **26.** Lettuce crisper sack. $5 at Williams-Sonoma.



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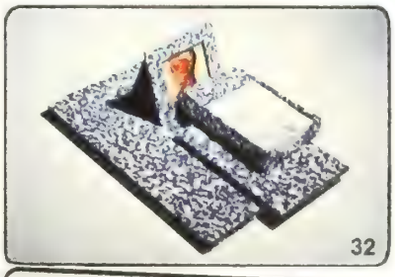

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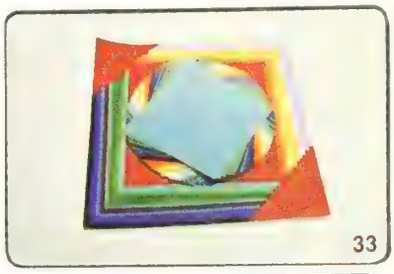

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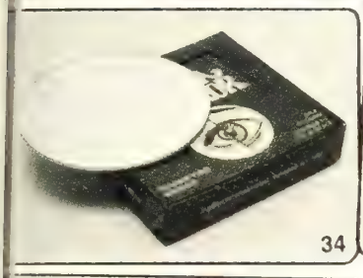

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7. Plant spray to clean leaves, repel bugs. By Ced-o-Products. 3 ounces, $3.75 ppd. at Mäderlake. **28.** Give a friend a good deal. Glue cards, with greetings, on your present. **29.** Music on le—plastic rack holds 18 cassettes. $7 at Seabon. **30.** Pot scrubber's night out—open, line with silver tissue, tuck in gift, and tie with silver string. Use silver fabric, it's an evening bag.
TSU OKUHARA

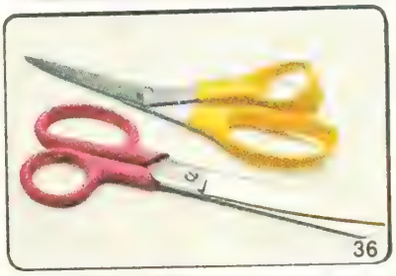

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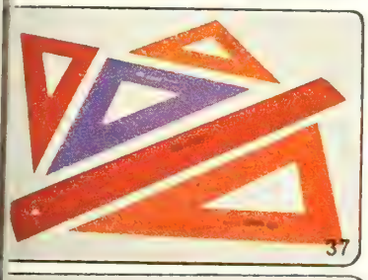

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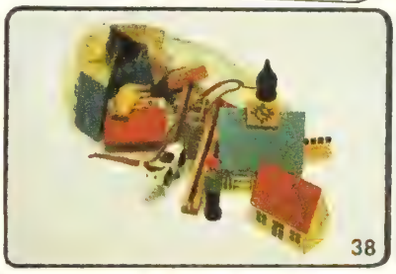

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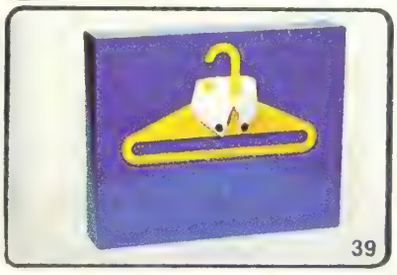

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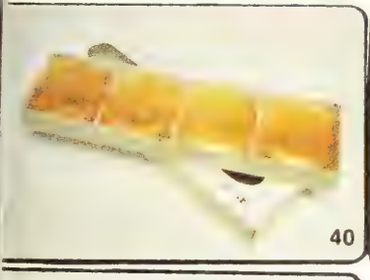

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31. Stick-on animals and fruits for instant decoration. Under $1. **32.** Spatterware—everywhere. 19th-century ceramic design on desk accessories. To Match, designed by Tania Vartan. $5-$12 at The Smithsonian Museum Shops. **33.** Origami paper, plus instructions for creating delicate sculptures. At Azuma. **34.** Look closely: a stick-on magnifying mirror. 4½-inch diameter, $3.95 ppd. at Hoffritz. **35.** The illustrated wild flower—pocket-size paperbacks of wild flowers in the U.S. by Katherine Mackenzie. $2.95 each at Scribner Bookstore. **36.** All-purpose scissors. By Lindar Eversharp. Yellow, $7.95; pink, $4.95, at Arthur Brown. **37.** From all angles—candy-colored drawing instruments. Under $1 each, at Arthur Brown. **38.** Old-fashioned miniature wooden farmyard. $5.25 ppd. at Israel Crane Museum Store. **39.** Collar a plastic hanger, glue it to a box. **40.** Glycerine hand soap for the kitchen. 4 bars, $5 at Williams-Sonoma. **41.** Beechwood lemon reamer, $8 at E.A.T., Henri Bendel. **42.** Coin purse, fresh lavender sachet $5, Souleiado. at Pierre Deux. **43.** Hand-turned wooden top, $3.50 ppd. at Israel Crane Museum Store. **44.** For spring gardens, seeds from local garden shops. From 45¢. **45.** Sew much Christmas in a present topped with thread. **Right:** News-wrapped present with a bow tie to burn. All wrappings by Claude Langwith.



Stand up and garden

Vegetables in the round, with a waist-high inner planting bed that meets the gardener halfway

A circle-within-a-circle that lets you garden without bending to pull a weed or plant a seed—this is the latest in a whirl of gardening ideas from Jack Lenor Larsen. Ever since this fabric designer built his cone-roofed round houses inspired by an African village (H&G March, 1966), he has been adding circular gardens and a greenhouse (H&G June, 1974). Here, vegetables and flowers are right at his fingertips, growing in a layer of earth piled on top of cement and debris. His crops are snow peas, spinach, radishes, lettuce, onions, peppers, eggplant. He also grows calendulas, California poppies, cosmos, nasturtiums, zinnias, and little annual kochia shrubs that turn bright red in autumn. The earth between outer and inner circles is lined with salt hay over black plastic, to stay weed-free. The walls are cinder blocks stacked 40 inches high, stuccoed and painted, to provide protection from wind and good light reflection. The narrow opening facing a wall gives rabbits second thoughts about entering this secret garden. A sprinkler on a pole waters in a perfect circle.

Top: Jack Lenor Larsen.
Right: A vegetable and flower garden 23 feet across. The walls are footed 18 inches deep, well below the Long Island frost line.
Above right and far right: Round pool and flower garden.
Far right: Terrace table, a cement circle set on a culvert pipe.


Sunflowers
Squash
Sprinkler
Vegetables and flowers



Space transformed in a turn-of-the-century carriage house

An old house spreads



Forms and images from architectural history—columns, moldings and graceful curves—are used in this remodeling to recall what might have been. Rather than restoring the house to its original rather uncomfortable self, architect Robert Stern, an innovator unafraid to draw from history, gutted the interior (which had been remodeled in the 1950s), added a new curved porch, relocated the kitchen, rearranged the bedrooms, and added a new staircase to create a plan designed to make summertime easy for the young owners' casual, modern life. New windows, designed to match the existing ones, splash the living room, *left*, with sunlight and preserve the character of the room. Moldings and columns throughout the main floor are all new—painted bright shiny white to contrast with the cream walls. They evoke architectural ornaments of the past and emphasize the rooms' original generous proportions. The free-standing columns, a sleek update of an ancient form, mark the living room off from the central hall without the interruption of a wall. All through the house, clear bright colors make summer seem to linger on.

Left: Living room furniture is soft and summery. "We chose red, white, and blue," says Robert Stern, "for the Bicentennial year the house was remodeled." *Above:* Outside, new living-room windows and curved porch seem right at home. *Above left:* The new staircase leads down to the front door framed by the original leaded windows, which were slightly dowed by a fire in the 1960s. Curved molding above the front door is new.

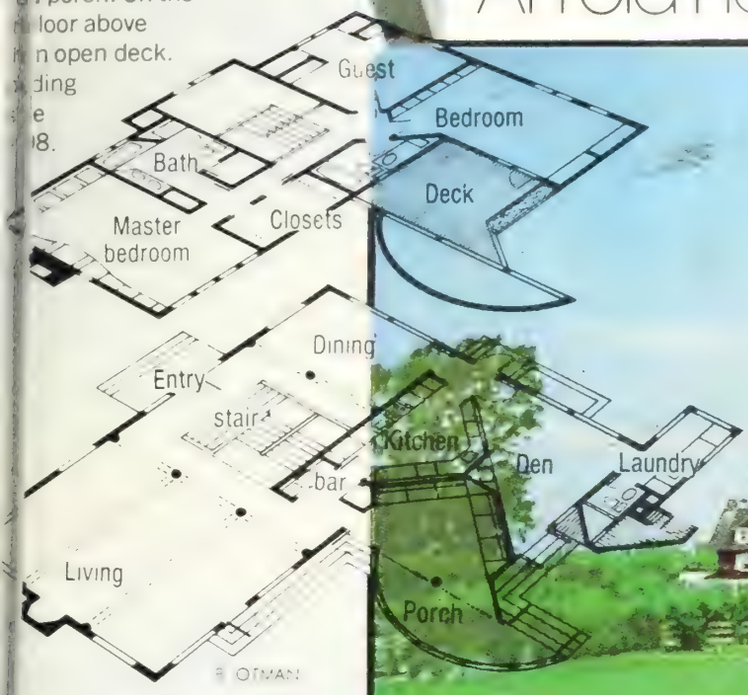
its wing



From the half-round living-dining porch, you see twin pavilions reflected in the pool

An old house spreads its wing

n the new plan,
nen convenient-
s dining room,
l porch. On the
loor above
n open deck.
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8.



Right: The new porch makes the transition from indoor to outdoor living; a curve of screening separates it from the pool and terrace outside. "This is our favorite room," the owners say, "where we have breakfast, lunch, and dinner."
Top: The pool, painted dark gray, reflects the house, gives it the emphasis a moat gives a castle. Robert Stern and landscape architect Peter Rolland worked together to create this fresh extension of the living space.
Above: At the far end of the pool, lattice creates a backdrop for the view and conceals two storage sheds.
Above left: An outdoor shower built around the chimney. Doors lead to the porch.

TOM YEE

An old house spreads its wing

Above: Reaching back to capture the spirit of the period, Robert Stern created this staircase, which, with its brass rail, twists up to the second-floor landing with turn-of-the-century elegance. Original wood floor is painted bright white. Stairs are covered in the same jute matting used in the hall and second floor. Dining-room windows frame vegetable gardens outside. *Right:* In the master bedroom, every inch is put to work with a contemporary respect for space. Drawers are built in under the eaves, and opposite the bed a curved storage unit, which conceals TV and air conditioning, forms window seats for cozy contemplation of the view. Bookshelves are built in on the side of both windows. Jack Lenor Larsen fabric is used for quilted bedspread and for window shades. *Below left:* In the new porch, casual, comfortable furniture is covered in the bright colors of summer. A column marks off the dining area from the more intimate seating section. Above the banquettes, a sliding partition opens to kitchen. *Below right:* Mirror-lined bar built in just off living room, convenient yet out of the way.



Indoors, a layout that works, marvelous storage, an exhilaration of space

[illegible] advantage for natural selection [illegible] essential [illegible] image, even giving up one's life? This is a commonplace event in the lives of social insects, and there are less spectacular examples of such behavior among many other species. In the case of insects the current, acceptably Darwinian explanation is that this is a way of assuring the survival and replication of one's own genes, since it is the closest kin, with identical or nearly identical genes, who are enabled to survive by acts of altruism.

No such explanation will serve, of course, for altruism in our own species. We do not possess this degree of identity in our genomes, except for the identical twins among us. It may be that when it occurs among human beings, as it surely does, this has nothing whatever to do with genetics. Perhaps we are all as fundamentally self-obsessed and egoistic as Hobbes believed. Perhaps the only way of achieving altruism is to be instructed in the matter by society. This may be so, although it doesn't have to be so; anyway, who is to say that there are not biological determinants, genes and all, for constructing society? But it could be, you know, the other way around: We could be born with genes for altruistic behavior, and it is only in certain kinds of society (like, say, today's kind) that we can be systematically instructed to suppress the tendency.

I prefer the latter notion, for it helps explain something else about human behavior which would otherwise be a bewilderment. It seems to me, based on no science at all but a lifetime of looking around in human company, that most people have an instinctive, biologically driven, ineluctable desire to be *useful*. To succeed in the gratification of this drive is one of the surest ways to be happy, and to fail at it is an absolute misery. Usefulness is a more profound and insatiable urge than eating or drinking or propagating one's genes. I find it hard to explain this except by assuming that it is in the nature of human beings to be useful; it is one of the identifying marks of our species, like the coloration of the leaves of trees or the songs of birds. We are made this way. I would not go so far as to say we have particular genes for encoding usefulness, but maybe, in the aggregate, our sort of DNA allows for a sensory receptor, perhaps a center somewhere in the right cerebral hemisphere, where the realization of being useful is received and recognized as pleasure. It could just be.

If so, I am confident that the drive is not alone our property. It is its existence in all the rest of nature which accounts for the atmosphere and the feeling of a party. Perhaps, come to think of it, any other kind of live planetary system, designed as ours is with such a dense multiplicity of interdependent working parts, would be unworkable.

Other creatures have evolved in what ecologists call niches. The various forms of life inhabiting a coral reef, including the live coral itself, are preoccupied endlessly in adapting themselves to this kind of life. The environment is stable overall, but the whole thing moves with life. It is always engaged in growing, changing and remaking parts of itself, always favoring the emergence of greater and more flexible varieties among the inhabitants. Fitness of an individual or of a whole species for environments like this, in the evolutionary sense, really means fitting in with all the other forms of life. Fitting in, by and large, means being useful.

I've been trying to think of the niche for human beings. Do we have anything like a niche, anything equivalent to a coral reef? You'd think not, to watch us in action. We can live anywhere, and do, even a few of us under the sea or out in space. We have long since swarmed over every part of the earth; there is no place left unmarked by humans; now we are sending memoranda into the next galaxy. All other animals seem to be adapted for particular parts of this planet, and for particular ways of living in those parts. Not us.

But there is one niche for us, rather like a coral reef, or more like the idea of a coral reef. We made it ourselves, for ourselves, and we live in it. It is language. *(Continued on page 157)*

Only a Bar-Tender's® BRAND drink tastes like a bartender's drink.



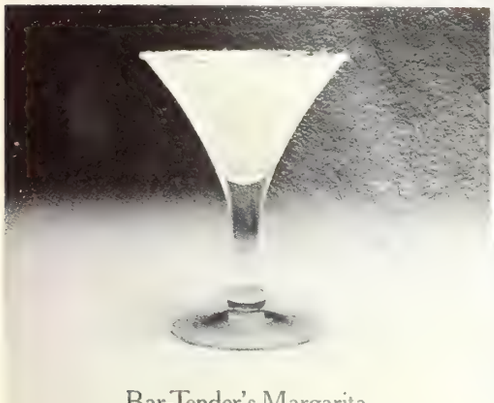
Bar-Tender's Whisky Sour.
Not too sweet. Not too tart.



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Just the right hint of lime.



Bar-Tender's Piña Colada.
It's got the cool tang of pineapple,
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Bar-Tender's Margarita.
Full of fresh, sunny fruit flavor.



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WINE & FOOD



EASY HOLIDAY BUFFETS

with delectable desserts like meringue-and-chocolate mushrooms

Beadle



There may still be places on earth
where Grand Marnier isn't offered after dinner

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof

Delectable holiday desserts for family baking

Something sweet for the whole family to bake. A bûche de Noël, meringue and chocolate mushrooms, traditional cookies from Italy and Switzerland

Bûche de Noël

(see page 90)

Isabel Marique has designed a special pan of heavy tin to simplify the cooking of a bûche de Noël—a cylinder 20 inches long by 3½ wide and 2 high; $16.50, available exclusively at Bloomingdale's.

INGREDIENTS FOR CAKE

3½ tablespoons sweet butter
½ cup plus 4 tablespoons cake flour (95 grams)
2 whole eggs
2 egg yolks
⅓ cup plus 1½ tablespoons sugar (95 grams)
½ teaspoon vanilla

METHOD FOR CAKE

☐ Melt butter and grease bûche pan with 1 tablespoon; set the rest aside to cool (use when it's just opaque). Lightly flour mold; tap out excess flour.



Isabel Marique, with her bûche an and son, Gregory, right

C. REINHARDT

☐ Sift the cake flour onto wax paper and set aside.

☐ Place eggs, egg yolks, sugar, and vanilla in a stainless steel mixing bowl suspended over a saucepan of barely simmering water or use a flame-tamer. Beat with a wire whisk over low heat until mixture is tepid (110°). Remove from heat.

☐ If you have a stand bowl mixer, continue beating for about 5 minutes more; if you are using a hand-held mixer, beat for about 10 minutes until the mixture has the consistency of creamed butter and has doubled in volume.



☐ Fold in ⅔ of the sifted flour gradually and rapidly with a wooden or rubber spatula. Then fold in the remaining flour gradually, continuously, and alternating with the melted butter. Be careful not to deflate the batter; 10 folding motions should be enough.

Turn the batter into the prepared mold. Bake 25-30 minutes in a preheated 350° oven. Turn onto a cake rack covered with a paper towel or parchment paper to prevent cake from sticking. Cool before cutting. Cake may be refrigerated or frozen if wrapped airtight.

Continued on page 142

Mushroom meringues

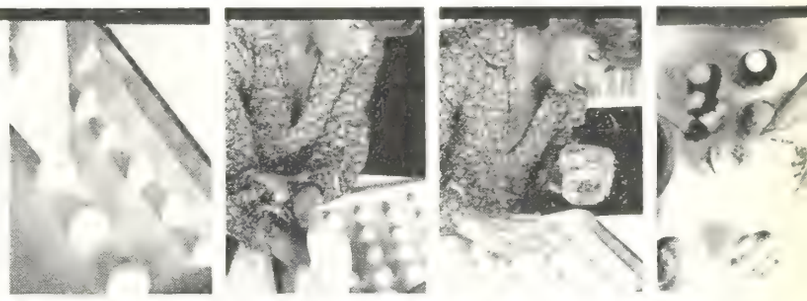
Connie Burdick's Piecemeal, a catering firm in Los Angeles, and cooking teacher Jean Brady do a brisk trade in mushrooms (see Wine & Food cover) for gifts. Make ahead on a dry day, store in airtight tins or give away in baskets.

INGREDIENTS

¾ cup egg whites, room temperature (whites from about 6 large eggs)
¼ teaspoon salt
¼ teaspoon cream of tartar
1½ cups superfine sugar
¼ teaspoon almond extract
¾ teaspoon vanilla
Unsweetened cocoa
6 ounces semi-sweet chocolate

METHOD

☐ Beat egg whites in a large bowl until foamy. Beat in salt and cream of tartar. At low to medium speed of mixer, keep beating while adding sugar gradually. Add almond and vanilla extracts. Beat at high speed until stiff, 6-7 minutes.



Connie Burdick forms mushroom stems and caps with pastry bag, smooths tops with a drop of water and glues with chocolate

☐ Place meringue mixture in a large pastry bag fitted with a plain ½-inch diam. tip. Line 2 cookie sheets with parchment paper. Make mushroom stems first while meringue is firmest. To shape stems, press out meringue while lifting bag, until stems are about ½- ¾-inch tall. Press out caps in rounds about 1 inch in diameter. Try to keep them high and puffy rather than flat. Sprinkle stems and caps with cocoa. If caps have points on them, dampen a finger and press points flat before sprinkling with cocoa.

☐ Place cookie sheets in oven preheated to 225°. Bake 1 hour without opening door. At the end of 1 hour, test meringues—if they can be easily lifted off parchment, they are done enough. Turn off heat and allow to cool overnight in oven with door closed. If you are in a hurry, leave door slightly ajar and leave in oven until meringues are cool (about 20 minutes).

☐ Cut points off stems with a serrated knife. Melt chocolate and allow to cool a little. Spread melted chocolate on flat side of mushroom cap with a knife and stick on stem. Allow to cool upside down. If kitchen is warm, cool in freezer until chocolate hardens.

Christmas cookies from Switzerland

Marina Schinz Rubin supplements her own cookie forms with square wooden forms from Lekvar-By-The-Barrel, 1577 First Avenue, New York, N.Y. 10028. She cuts cookies (see story, page 98) with a pastry wheel to give a postage-stamp edge. Almond-based confectionery such as these keep longer than butter cookies and develop their full flavor late. Zurcher Leckerli and cinnamon stars should be stored in an airtight tin with a slice of apple or carrot, orange or lemon peel to prevent the cookies from getting hard.

CURT RICHTER



Marina Schinz Rubin and Cady

Recipes page 144



Easy holiday buffets

A family country lunch

With punches, kabobs, and a hearty soup

Wassail for the grownups
Christmas punch
for the youngsters
Curried pecans

Elk kabobs

Two-day borscht with
sour cream and dill
Salt roasted potatoes
Kidney bean salad
(Lobia Tkemali)
Eggplant caviar
from the Caucasus
Rye, French, and banana breads
Fruit

Old-fashioned steamed
Christmas pudding

A hearty borscht, more substantial than most soups, makes a wonderful make-ahead party dish for a big family gathering. "The long slow boiling of beef knucklebones—about 10 hours—makes a wonderfully rich strong soup that can't be duplicated by any faster method," say Mr. and Mrs. Serge Gagarin, who allow 2 days to make it and find it a perfect dish to satisfy appetites often worked up by a morning of cross-country skiing. "It's a meal rather than a soup," says Mrs. Gagarin, especially when she serves the red kidney bean salad and eggplant caviar that go so well with it. (See buffet in kitchen below.) Serge Gagarin inherited the recipes from his Russian parents. But lunch begins even before the skiers unstrap their bindings. Hot punches lift the spirits and grilled elk kabobs take the edge off their hunger. Mr. Gagarin marinates the elk overnight then skewers it alternately with onions and cherry tomatoes. "We both love to cook and entertain." Mr. Gagarin focuses on meats, salads, sauces—"he won't bake or do long intricate things, while I'm happy to spend all day on one recipe," says Mrs. Gagarin, who reads cookbooks like novels. "I like to make unusual casseroles—Moroccan, Persian, and Indian when we give dinner parties." The Gagarins are great outdoor sport enthusiasts—a special love is skiing—thus the house shown here in Vermont designed by Charles Moore. "We told him we wanted a warm, cozy house where people would feel they could settle down in a group or alone. That feeling is the very special part of the house." The all-white kitchen sports plastic laminate counters—"We use chopping boards and find it makes the kitchen easier to keep clean." Mrs. Gagarin provided the happy inspiration for the graphic birds on the cabinets painted by Mr. Moore. Mr. Gagarin worked the kitchen island out with the builder, MacDonald & Swan. Folding doors shut off the kitchen just in front of it. When used as a buffet, one lengthwise half rolls out to the dining area. Afterwards, dishes disappear as the island returns to its usual spot behind the doors. Recipes, page 151.

Opposite page, top: Lit up for Christmas, the Gagarin's house beams a welcome.
Opposite page, center: View from the balcony to dining and seating areas. Pierre Nelli of Westport made the silver mobile. Crepe paper flowers decorate the 15-foot tree cut on the property. Carved animal collection is on parade.
Opposite page, bottom left: Straw donkey presides over hot punch for the children.
Opposite page, bottom right: Mr. Gagarin assembles elk kabobs to grill outdoors.
This page, bottom: Lunch set in kitchen. The tree ornamented with tiny whisks, spoons, and cookie cutters takes its annual spot.
Center: Mrs. Gagarin hands around fruit to guests as they relax before the fire. Massive fireplace lintel and hearthstones were found on the property, as was one of the andirons.

Easy holiday buffets

for any time you like celebrating



1 A 5-BREAD BREAKFAST

Champagne
*Christmas punch**
Fresh grapefruit juice

Breads: whole-wheat, Italian, raisin spice, poppy seed strudel, French

Sweet butter
Mixed fruit, tangerine, and raspberry preserves

Coffee

2 COOKIES AND CAKES AT AN OPEN HOUSE

Fruitcake with fondant icing
Pecan pie
Orange sponge cake
*Jamey's shortbread cookies**
Chocolate leaves
Filled macaroons
Nut balls
Cinnamon-raisin pastry twists
Mixed nuts, fresh fruit

Hot mulled wine
Hot chocolate, tea, and coffee

3 FOOD-TASTING FOR COCKTAILS—FROM CRUDITES TO CHEESES

Crudités of broccoli, cauliflower, green beans, scallions, cherry tomatoes, cucumbers, mushrooms, celery, and carrots
Sauce Niçoise

Assorted breads
Chive butter, anchovy butter

*Mushroom mousse**
Caviar brioche
Imported sliced ham
Party Box mustard sauce
Pâté de campagne rolled in pistachios
Brie and grapes

EDWARD OLEKSAK

READLE







4 COLD MEATS AND MOUSSES FOR A MAKE-AHEAD SUPPER

Crudités
Caviar mousse en gelée*
Salmon mousse, dill sauce

Roast turkey
French bread toasted with herb butter
Rare roast beef
Small rye rounds
Mustard-mayonnaise sauce with capers*
Béarnaise sauce

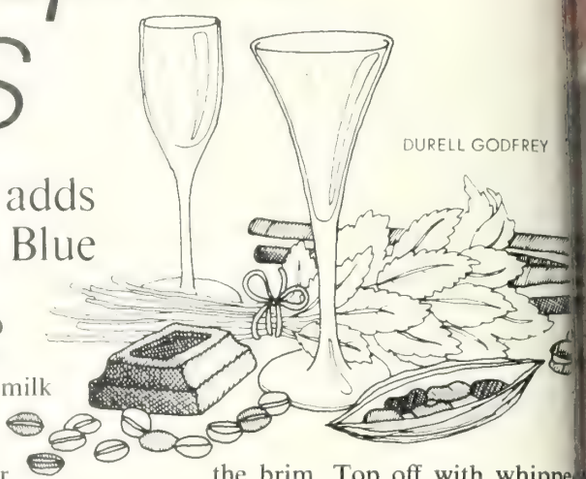
Basketful of assorted breads

Christmas cookies
Apple tart, cherry tart

Cheeses

For recipes, see page 148

Sugar and spice liqueurs



DURELL GODFREY

A drop of coffee, chocolate, nut, or herb liqueurs adds zing to seasonal foods and drinks/By Anthony Dias Blue

Liqueurs, aromatic with the essence of cocoa and coffee beans, mint leaves, pistachio nuts, spices and herbs, can add an extra fillip to all manner of holiday foods both sweet and savory.

- Lace a chocolate mousse with a few drops of chocolate liqueur or add a drop to chocolate cake batter or frosting.
- A hint of almond liqueur gives a nutty lift to sliced peaches. Add a little anisette to a fruit compote.
- Sambuca or anisette can substitute for sugar in coffee, or float 3 coffee beans in a cold glass of sambuca to serve along with a demitasse.
- Mix coffee liqueur with vanilla ice cream, refreeze, and serve with a splash more liqueur.
- Add a little coffee or nut liqueur to the egg whites for meringue.
- Add herbal liqueurs to the basting juices of a duck or chicken to highlight the glaze. Ignite when you bring it to the table.
- Try a new savory butter for meats: Blend butter, parsley or dill with a little yellow chartreuse, Strega, Galliano, or yellow Izarra.

9 delicious liqueur recipes

QUICK POTS DE CREME

Melt 4 ounces sweet chocolate and 2 ounces semi-sweet chocolate over hot water in the top of a double boiler. Scald 1½ cups light cream in a saucepan. Put the chocolate, 2 egg yolks, and 2 tablespoons Amaretto in the jar of a blender. Blend, then gradually add the scalded cream. Blend until smooth. Pour into 4-6 individual pots de crème cups or ramekins. Refrigerate until set, preferably overnight. Serve topped with whipped cream and candied violets.

SCOTTISH HARD SAUCE

Beat ¼ pound butter until soft and creamy. Gradually add 1 cup confectioners sugar, stirring until completely smooth. Add 3 tablespoons Drambuie or Glayva and stir well to combine. Heap the sauce into a serving dish and refrigerate until ready to serve with plum pudding or apple pie.

BLUE CHEESE SPREAD

Beat ½ pound softened blue cheese with ½ pound softened, unsalted butter until creamy. Beat in ¼ cup Amaretto and ¼ cup coarsely chopped walnuts. Chill. Spread on thin-sliced pumpernickel or use to stuff celery. Makes 2 cups.

CHOCOLATE FONDUE

Combine 12 ounces Swiss milk chocolate, ½ cup heavy cream and ⅓ cup Choclair or other chocolate-based liqueur in a medium sized saucepan. Stir constantly over low heat until the chocolate is melted and the mixture is smooth. Fold in ¼ cup finely chopped blanched almonds. Pour into a fondue pot and keep warm over a low flame. Serve with bite-sized pieces of fresh fruits and cubes of pound cake.

PLUM SAUCE

This is a nice complement to cold sliced tongue or turkey: Combine 1 16-ounce jar Damson plum preserves, ¼ cup Amaretto di Saronno, 1 teaspoon Worcestershire sauce, ¼ teaspoon ground mace, a pinch salt, and 3 tablespoons chopped pecans in a saucepan. Simmer 8-10 minutes over low heat, stirring constantly. Serve warm in a sauce boat.

CHOCOLATE MINT SAUCE

Melt 4 1-ounce squares unsweetened chocolate and 2 tablespoons butter in a saucepan over low heat. Add 2 tablespoons light corn syrup and ½ cup sugar and stir to blend. Add ½ cup heavy cream and ¼ cup peppermint schnapps and simmer 10 minutes, stirring constantly. Serve hot over ice cream.

OLD-FASHIONED RICE PUDDING

Scald 4 cups milk in the top of a large double boiler. Place over simmering water. Stir in 1 cup Galliano, 1 cup raw rice, and 1 teaspoon salt. Cook about 45 minutes or until rice is almost tender. Stir in 1 pint heavy cream and 1 cup seedless raisins. Continue cooking about 15 minutes more or until fully tender. Serves 8-10.

KENTUCKY EGGNOG

Combine 1 egg yolk, ¼ cup light cream, ¼ cup Wild Turkey liqueur, and a few grains salt in a blender or food processor. Blend and transfer to a bowl. In a small bowl, whip an egg white until stiff, then fold it lightly into the other ingredients. Serve in a punch glass. For a less potent drink, double the amount of cream used.

COFFEE EGGNOG

Place 2 ounces milk, 1 ounce cognac, 1 teaspoon sugar, 2 ounces Tia Maria, an egg, and 4-5 ice cubes in the jar of a blender or food processor. Blend until frothy, then pour into a cocktail glass.

MIXED DRINKS

Stir together equal parts Bahia or other coffee liqueur and vodka. Serve on the rocks in a shot glass.

- Pour 1½ ounces Irish Mist into a warmed, stemmed goblet. Fill with strong, black coffee to within 1 inch of the brim. Top off with whipped cream. Sip through the cream.
- Shake ½ ounce anisette, ½ ounce triple sec, and 1 ounce vodka with ice, strain into a cocktail glass.

(Continued on page 138)

Guide to herb, coffee, nut, and chocolate liqueurs

HERB LIQUEURS

BENEDICTINE
86° (France) Moderately sweet, rich amber colored with a spiced vanilla flavor. Based on 27 plants and herbs.

B & B *(Bénédictine and Brandy)*
86° (France) A less sweet version of the above with the addition of the flavor of cognac.

GREEN CHARTREUSE
110° (France) Based on a blend of 130 herbs—a strong, spicy, minty, dry liqueur.

YELLOW CHARTREUSE
86° (France) The same flavor as the green, but sweeter, mellower with the addition of honey.

GREEN VIEILLE CURE
100° (France) A blend of over 50 herbs is the basis for the anise-dominated flavor of this dry liqueur.

YELLOW VIEILLE CURE
86° (France) Honey smoothes and sweetens the strong flavor of the green version.

GREEN IZARRA
100° (Spain) 48 spices, and herbs create a dry minty flavor.

YELLOW IZARRA
86° (Spain) 32 ingredients are used to make this smoother, sweeter version.

LIQUORE GALLIANO
80° (Italy) Smooth yellow drink with an herbal-vanilla taste. Made famous by the "Harvey Wallbanger" cocktail.

STREGA LIQUORE
80° (Italy) Yellow with an anise-herbal flavor. Moderately sweet.

CUARENTA Y TRES "43"
68° (Spain) The name refers to the

Continued on page 138

A traditional American dish deserves a traditional American dish.



PYREX is a Registered Trademark of Corning Glass Works, Corning, N.Y. 14830

Corning designed the Homestead™ Collection with the honest, rustic look of American folk art. But, although Homestead looks like fine antique crockery, it's still 100% Pyrex® ware. Which means it'll go from the freezer to the oven to the table. So you can serve great American cooking (yours) from great American cookware (ours). **CORNING**

TEXAS CHILI CON CARNE

Heat ¼ cup oil in a skillet. Chop 2 onions and 2 garlic cloves, and saute for 5 mins. Add 2 lbs. ground chuck and saute until crumbly. Drain excess fat. Mix 3 Tbs. flour with 1 Tbs. salt, 2 Tbs. chili powder and ½ tsp. cumin. Gradually stir in 3 cups hot water. Pour mixture over meat and stir well. Turn into 2½ qt. Pyrex® oval casserole, cover and bake at 350°F. for 1½ hrs. Add 1 lb. can drained kidney beans. Season to taste and reheat. Serves 6-8.

GEORGIA PEACH MERINGUE PUDDING

In a 1½ quart Pyrex® round casserole, mix 2 cans (1 pound, 5 ounces each) peach pie filling with ¼ cup melted butter and ½ cup slivered almonds. Bake at 350°F. for 30 to 35 minutes or until hot. Remove from oven. Beat 3 egg whites until stiff, gradually beat in ½ cup sugar until stiff and glossy. Spread meringue over peaches and bake for another 12 to 15 minutes or until meringue is lightly browned. Serves 6.

NEW ENGLAND FLOUNDER STUFFED WITH CRAB

Sprinkle 4 large flounder filets with salt and pepper and top with 1 package (6 ounces) frozen King crab, thawed, drained and shredded. Roll up like jelly roll and place into greased 1½ quart oblong Pyrex® casserole. Mix 1 can (10¾ ounces) condensed cream of mushroom soup and 1 cup frozen peas. Pour over fish rolls, cover and bake at 350°F. for 30 to 40 minutes or until fish flakes. Serves 4.

The Homestead™ Collection from Pyrex® ware.

Pyrex® ware. We make a better dish so you can.

Nine liqueur recipes
continued from page 136

● An after-dinner drink had at Club Las Cruces, Baja California is a Toro Bravo. Pour 1½ ounces Herradura tequila and 1 ounce Kahlúa over crushed ice in a short glass.

THE MINTY ONES

Crème de menthe is the basis for three of the most popular drinks.

STINGER
Shake 2 parts brandy (Christian Brothers is good) and 1 part white crème de menthe with cracked ice. Strain into a cocktail glass.

MINT FRAPPE
Heap shaved ice in a shallow cocktail glass. Pour green crème de menthe over the ice. Serve with short straws.

GRASSHOPPER
Shake 1 part green crème de menthe, 1 part white crème de cacao, and 1 part heavy cream together with cracked ice. Strain into a cocktail glass.

Guide to liqueurs
continued from page 136

number of ingredients that go into this amber, bittersweet, butterscotch flavored liqueur.

TUACA
84° (Italy) Light amber—a moderately sweet herbal-vanilla taste.

COFFEE LIQUEURS

TIA MARIA
63° (Jamaica) Light amber in color. Dry coffee flavor with cocoa overtones.

BAHIA
50° (Brazil) Deep brown, medium sweet South American coffee flavor.

KAHLÚA
53° (Mexico) Rich, brown, sweet, deep-roasted coffee flavor.

CAFE BENEDICTINE
60° (France) Dry herbal-coffee taste. Dark brown color.

SA'ALA
60° (France) Brown, moderately sweet coffee taste with cognac.

PASHA TURKISH COFFEE
53° (Turkey) Deep brown, medium sweet Turkish coffee flavor.

GALLWEY'S IRISH COFFEE
70° (Ireland) Brown, medium sweet smoky coffee taste with Irish whiskey base.

STOCK COFFEE ESPRESSO
54° (Italy) Sweet espresso-mocha flavor, dark brown color.

LEROUX CRÈME DE CAFE
54° (USA) Sweet, American blend coffee taste. Dark brown in color.

TEA LIQUEURS

TIFFIN
70° (Germany) Light amber color. Strong Darjeeling aroma; sweet, light tea taste.

ALMOND LIQUEURS

Almond liqueurs, the most popular being amaretto, *are made from the bitter almond-like pit of apricots and not from edible nuts.*

AMARETTO DI SARONNO
56° (Italy) The original—smooth, sweet almond-vanilla flavor. Dark amber color.

AMARETTO PATRICIAN
48° (Italy) Sweeter, amber-colored, almond flavor.

LEROUX AMARETTO DI TORINO
56° (Italy) Medium sweet, almond-vanilla taste. Light amber color.

ARROW AMARETTO
56° (U.S.A.) Sweet almond taste with a touch of maple. Light amber.

DE KUYPER AMARETTO DI CUPERA
56° (U.S.A.) Sweet, amber-colored, almond-vanilla flavor.

DUBOUCHETT AMARETTO
56° (U.S.A.) Medium sweet, almond flavor. Light amber color.

REGNIER AMARETTO
54° (U.S.A.) Sweet, buttery almond with a slight minty flavor. Light amber color.

Other manufacturers of *amaretto* include: Galliano, Jacquin, Mohawk, Garnier, Stock, Trave (Beam).

LEROUX CRÈME DE NOYA
54° (U.S.A.) Sweet almond-rose flavor. Rose color.

DE KUYPER CRÈME DE ALMOND
56° (U.S.A.) Sweet, almond-dominant nutty taste. Rose color.

ANISE LIQUEURS

MARIE BRIZARD ANISETTE
50° (France) White, medium sweet, smooth, soft anise flavor.

GARNIER ANISETTE
54° (France) White, sweeter anise flavor.

ARROW ANISETTE
60° (U.S.A.) White sweet, stronger anise flavor.

SAMBUCA
Galliano, Leroux, Molinari, Romana, Patrician, Stella d'Italia Stock Bora

70°-84° (Italy) These white sambucas are generally stronger, yet sweeter, more syrupy, with a more pronounced anise flavor than anisette.

CHOCOLATE LIQUEURS

SABRA
52° (Israel) Brown, moderately sweet chocolate and orange combination.

CHERI-SUISSE
52° (Switzerland) Moderately sweet chocolate and cherry combination with chocolate dominant. Reddish brown color.

VERAÑA
60° (Spain) Moderately sweet blend of chocolate, orange, and almond flavors. Amber color.

VANDERMINT
52° (Holland) A medium sweet, minted chocolate liqueur. Deep brown color.

CHOCLAIR
54° (U.S.A.) A moderately sweet blend of chocolate and coconut flavors. Brown color.

CRÈME DE CACAO
Arrow, Bols, Châteaux, J. W. Dant, De Kuyper, Dubouchett, Garnier, Jacquin, Leroux, Mohawk, Old Mr. Boston, Piping Rock, Regnier, Hiram Walker

54° (foreign and domestic) A mixture of cocoa and vanilla beans with the chocolate taste dominant. Some are white, others amber in color. Sweet and smooth.

HIRAM WALKER AND LEROUX COMBINATIONS
54° (U.S.A.) Both these domestic producers make chocolate in combination with banana, cherry, mint, and raspberry. Leroux also markets a chocolate-amaretto blend.

VANILLA

ARROW CARAMELLA
54° (U.S.A.) Sweet, smooth burnt sugar flavor. Light amber color.

MINT

GET PIPPERMINT
60° (France) Medium sweet, peppery-mint taste. Green and white versions.

CUSENIER FREEZOMINT
60° (France) Light, fresh peppermint taste. Green color.

CRÈME DE MENTHE
Arrow, Bols, Marie Brizard, Châteaux, Cusenier, J. W. Dant, De Kuyper, Dubouchett, Garnier, Jacquin, Leroux, Mohawk, Old Mr. Boston, Piping Rock, Regnier, Stock, Hiram Walker

60° (foreign and domestic) Moderately sweet, smooth, clean, mint flavored. Green and white versions.

PEPPERMINT SCHNAPPS
Arrow, Bols, Châteaux, De Kuyper, Dubouchett, Garnier, Jacquin, Leroux, Mohawk, Old Mr. Boston, Piping Rock, Regnier, Hiram Walker

60° (Foreign and domestic) White and less sweet and syrupy than crème de menthe.

PISTACHIO

REGNIER PISTACHA
48° (U.S.A.) Moderately sweet pistachio-almond flavor blend. Greenish amber color.

SPIRIT-BASED LIQUEURS

SCOTCH WHISKEY

DRAMBUIE
80° (Scotland) Moderately sweet, rich, honey-herbal flavor. Light amber.

GLAYVA
80° (Scotland) light, dry, honey-herbal taste. Light amber color.

LOCHAN ORA
70° (Scotland) Light, medium-sweet, honey-herbal flavor. Pale amber.

IRISH WHISKEY

IRISH MIST
80° (Ireland) Dry, light, honey-almond Irish whiskey flavor. Amber color.

CANADIAN WHISKEY

YUKON JACK
100° (Canada) Strong, raw, dry honey flavor. Amber color.

RYE WHISKEY

ROCK AND RYE
Arrow, Bols, Châteaux, De Kuyper, Dubouchett, Garnier, Jacquin, Leroux, Old Mr. Boston, Piping Rock, Peter Hagen, Regnier, Hiram Walker

60° (U.S.A.) Sweet American cordial originally made by sweetening rye with rock candy. Amber colored.

BOURBON WHISKEY

SOUTHERN COMFORT
100° (U.S.A.) Smooth, medium sweet, peach-flavored Bourbon. Deep amber color.

WILD TURKEY LIQUEUR
80° (U.S.A.) Medium sweet, amber colored. ■

Discover the delightful differences of our premium white wines.

At The Christian Brothers Napa Valley winery, temperature-controlled fermentations enable us to capture the most subtle characteristics of the noble white wine grapes.

Whether you prefer a dry dinner wine, or one that is full and fruity, we believe you will be pleased with the depth of taste in each of the white wines from our cellars.



Our California Chablis is a wine we are especially proud of. It is flinty dry, with a definite character—worthy of its heritage. Enjoy it with fish, fowl, meats or snacks.



The Christian Brothers Napa Valley Pinot Chardonnay is named for the rare grape that gives it an elegant taste and bouquet. This is a full-bodied, dry wine, one to serve with a special meal. It complements light meats, shellfish, or fowl.



Our Napa Valley Chenin Blanc has a delightful fruity taste, with a trace of natural sweetness that is enjoyable with chicken, lamb, or a luncheon salad.



These are just three of our premium wines. If you would like to know more about our wines, you may write to me.

Brother Timothy F.S.C.

Cellarmaster, The Christian Brothers
Napa Valley, California

From The Christian Brothers of California.

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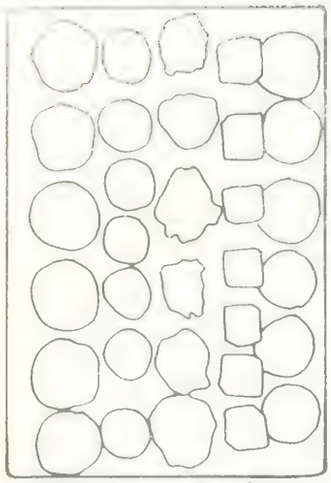
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1. Cornmeal cookies

INGREDIENTS

1 stick sweet butter, room temperature
¾ cup sugar
3 egg yolks
¾ cup very fine corn flour (usually found in health-food shops)
¾ cup all-purpose flour
Grated zest of 1 lemon
¼ teaspoon vanilla
Powdered sugar

METHOD

☐ Cream butter and sugar together in a bowl. Add egg yolks one at a time, beating after each addition. Mix corn flour and all-purpose flours together, then add to egg yolk mixture. Mix well. Add lemon zest and vanilla. Do not overwork dough. Shape into a cylinder, wrap in wax paper and a tea towel, and refrigerate for a few hours or overnight.

☐ Cut rounds ⅛-inch thick, place them on a buttered cookie sheet, and bake for 20 minutes in a preheated 325°-350° oven. Dust with powdered sugar. Makes about 4 dozen cookies.

2. Chocolate cookies

INGREDIENTS

2 cups all-purpose flour
½ teaspoon salt
½ cup unsweetened cocoa
2 sticks sweet butter, room temperature
⅔ cup sugar
1 cup nuts (walnuts or almonds), chopped
¼ teaspoon vanilla
Powdered sugar
Cocoa powder

METHOD

☐ Sift flour, salt, and cocoa into a bowl. Cream butter with the sugar in a bowl. Add flour mixture, nuts, and vanilla. Work ingredients into a dough and shape into a cylinder. Wrap in wax paper and tea towel, refrigerate a few hours or overnight.

☐ Cut dough into thin rounds, shape into balls, place on parchment paper-lined baking sheet. Bake in a preheated 350° oven for 15-20 minutes. Remove from oven, cool completely, and roll cookies in powdered sugar mixed with cocoa powder. Makes about 5 dozen cookies.

3. Meringue cookies

INGREDIENTS

3 egg whites
⅛ teaspoon salt
½ teaspoon cream of tartar
¾ cup sugar
6 ounces semisweet chocolate morsels
¾ cup nuts, coarsely chopped

METHOD

☐ Beat egg whites in a large bowl. When foamy, add salt and cream of tartar. When stiff, beat in sugar. Stir in chocolate morsels and nuts.

☐ Drop batter by teaspoonfuls onto a cookie sheet lined with buttered wax paper dusted with flour. Bake in a preheated 200° oven for at least 1 hour. Shut off oven and let cookies dry several hours or overnight. Makes about 7 dozen cookies.



Mrs. Circiello in her kitchen

4. Shortbread cookies

(from Joan Wilson)

INGREDIENTS

4 cups all-purpose flour
¼ cup rice flour
1¼ cups sugar
Pinch of salt
2 cups sweet butter, cold
Granulated sugar

METHOD

☐ In a large bowl mix flours, sugar, and salt together. Slice butter and mix with your fingers with the other ingredients, working fast. When you have obtained a homogeneous coarse-grained mixture, transfer to a buttered jelly-roll pan (10 by 15 inches). Press dough flat into pan and level top firmly with spatula.

☐ Bake in a preheated 325° oven 1 hour and 10 minutes. Remove from oven and sprinkle with sugar. 10 minutes later cut in 1-1½-inch squares; do not take out of pan. When completely cool, remove from pan. Makes about 6 dozen cookies.

5. Almond cookies

INGREDIENTS

1 stick sweet butter, softened
1 cup sugar
3 egg yolks
¼ teaspoon almond extract
¼ teaspoon vanilla extract
1 cup almonds, blanched and chopped very fine
1½ cups all-purpose flour
Pine nuts or candied cherries

METHOD

☐ Cream butter and sugar together in a bowl. Add egg yolks, one at a time, beating after each addition. Add almond and vanilla extracts; mix well. Add almonds, then add flour, and mix again.

☐ Shape dough into a cylinder 1½ inches in diameter. Wrap in wax paper and a tea towel. Refrigerate for a few hours or overnight.

☐ When ready to bake, cut rounds ⅛-inch thick and place on a cookie sheet lined with buttered wax paper that has also been dusted with flour. Top rounds with pine nuts or half a candied cherry. Bake in a preheated 325° oven for 20 minutes. Makes about 5 dozen cookies.

Torcetti

(puff pastry cookies—not shown)

INGREDIENTS

Puff pastry, chilled (Mrs. Circiello uses 2 cups flour, 1 teaspoon salt, 2 sticks sweet butter, and ½ cup ice water to make about 1¼ pounds dough. You could also use Pepperidge Farm's Patty Shells, or you can buy puff pastry in some gourmet shops frozen.)
Sugar

METHOD

☐ Roll out a small amount of puff pastry at a time so it will stay cold. Roll into a square ⅕ of an inch thick. Dip squares in sugar on one side only. Cut squares into strips 3 inches long and about ¼-inch wide.

☐ Join ends together of each strip. Place on a cookie sheet and bake for 15 minutes in a preheated 375° oven.

☐ *Important:* Check in oven after 10 minutes and remove cookies that are already done—very often not all the cookies bake at the same rate.

BÛCHE DE NOËL

(Christmas log
continued from page 131)

INGREDIENTS FOR CHOCOLATE FILLING

(ganache)
1 cup heavy cream
1½ ounces semi-sweet chocolate bits
2 tablespoons cognac or rum

INGREDIENTS FOR SUGAR SYRUP

¼ cup superfine sugar
½ cup water
2 tablespoons Grand Marnier or cognac

Continued on page 144



New Bacardi chocolate rum cake. Devilish.

1 18½ oz. pkg. chocolate cake mix
1 pkg. (4-serving size) Jell-O® Chocolate Instant Pudding and Pie Filling
4 eggs
½ cup Bacardi dark rum (80 proof)
½ cup cold water
½ cup Wesson® oil
½ cup slivered almonds (optional)
Filling:
1½ cups cold milk
½ cup Bacardi dark rum (80 proof)
1 pkg. (4-serving size) Jell-O® Chocolate Instant Pudding and Pie Filling
1 envelope Dream Whip® Whipped Topping Mix

Preheat oven to 350°F. Grease and flour two 9" layer cake pans. Combine all cake ingredients together in large bowl. Blend well, then beat at medium mixer speed 2 minutes. Turn into prepared pans. Bake 30 minutes or until cake tests done. *Do not underbake.* Cool in pans 10 minutes. Remove from pans, finish cooling on racks. Split layers in half horizontally. Stack. Spread 1 cup filling between each layer and over top of cake. Keep cake chilled. Serve cold. Optional: garnish with chocolate curls. For filling, combine milk, rum, pudding mix and topping mix in deep narrow-bottom bowl. Blend well at high speed for 4 minutes, until light and fluffy. Makes 4 cups.

Bacardi rum cakes. Heavenly. Devilish.



Classic Bacardi rum cake. Heavenly.

1 cup chopped pecans or walnuts
1 18½ oz. pkg. yellow cake mix
1 3¾ oz. pkg. Jell-O® Vanilla Instant Pudding and Pie Filling
4 eggs
½ cup cold water
½ cup Wesson® oil
½ cup Bacardi dark rum (80 proof)
Glaze:
¼ lb. butter
¼ cup water
1 cup granulated sugar
½ cup Bacardi dark rum (80 proof)

Preheat oven to 325°F. Grease and flour 10" tube or 12-cup Bundt® pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat till glaze is used up. For glaze, melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum. Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar.

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Bûche de Noël
continued from page 142

INGREDIENTS FOR MERINGUE MUSHROOMS

4 egg whites
¼ teaspoon cream of tartar
1 cup superfine sugar

INGREDIENTS FOR ASSEMBLY

Cake
Chocolate filling
Sugar syrup
Meringue mushrooms
⅛ pound pistachios, fresh and unsalted, chopped coarsely

METHOD FOR CHOCOLATE FILLING

☐ Bring the cream to a boil in a saucepan over moderate heat and boil for a minute or two. Remove from heat.

☐ Stir in the chocolate bits with a wire whisk until the chocolate has melted and the mixture is smooth.

☐ Transfer mixture to a stainless steel mixing bowl and set aside to cool (or cool over ice and water to hasten process, stirring often so mixture will not congeal). Mixture should remain liquid and fresh.

☐ Start beating mixture with an electric beater; add cognac or rum and continue beating until mixture has doubled in volume, changed color, and holds its shape on the beater (about 10 minutes with a hand-held mixer, 5 minutes with a stand bowl mixer). If you wish to speed up the process, set mixture again over ice and water for a minute or two while beating; this step is necessary when weather is hot. Filling may be kept in the refrigerator for 2 weeks.

METHOD FOR SUGAR SYRUP

Boil sugar and water in a heavy saucepan over moderate heat 2-3 minutes until sugar is dissolved. Cool and add Grand Marnier or cognac. Set aside until used. Can be made a few days in advance.

METHOD FOR MERINGUE MUSHROOMS

☐ Grease and flour 2 baking sheets; knock out excess flour.

☐ Place the egg whites in a stainless steel mixing bowl and beat until foamy. Add cream of tartar and continue to beat until the whites stand in soft peaks when the beater is lifted. Gradually add ½ cup sugar while continuing to beat until whites are glossy and very thick.

☐ Delicately fold in the rest of the sugar with a wooden or rubber spatula.

☐ Fit a pastry bag with a ½-inch tube (#5). Fill bag with meringue mixture and squeeze little domes onto the baking sheet for the mushroom tops; pipe little stems drawing tube along pan about 1-1½ inches long.

Bake in a preheated 200° oven (but no warmer) about 1½ hours until crisp and firm.

To assemble tops and stems: Pierce a little hole in the bottom of the dome with skewer; dip the stem into the chocolate filling and fit them together. Can be made a few days in advance if sealed airtight in bags or tins.

METHOD FOR ASSEMBLY OF THE BÛCHE DE NOËL

☐ Cut off about 1-inch slices from the ends of the cake; slice the cake into 3 lengthwise pieces. With a round cutter 1 inch in diameter make 4 or 5 rounds or "knots" from the end slices.

☐ Divide the chocolate filling into 2 parts: ½ for the filling between the layers and ½ for frosting the cake.

☐ Brush inside side of bottom cake slice with cooled sugar syrup. Spread with half the filling reserved for this purpose. Brush one side of the second slice with the syrup and place that side on top of the filling. Brush other side with syrup and spread with remaining filling. Brush inside part of the top slice and place that side on top of the filling. (Brushing slices one at a time will prevent them from getting soggy or becoming breakable, which occurs if brushed in advance.)

☐ Coat each "knot" with filling. Spread the remaining filling for the frosting over the top and sides of the cake with a long metal spatula. Place "knots" on top and sides. With the back of a tablespoon, simulate the rough texture of tree bark by making strokes toward the "knot."

Place the frosted cake on a long wooden cake board or serving dish and arrange the mushrooms at the sides and top of the cake either in groups or singly. Sprinkle the top and sides of the cake with chopped pistachios to give the effect of moss. Serves 10-12.

SWISS COOKIES

(from Marina Schinz Rubin,
continued from page 98)

Zurcher Leckerli

INGREDIENTS

1 egg white
7 ounces filberts, very finely ground
4 ounces almonds, unblanched and ground
1½ cups powdered sugar
1 whole egg
1-2 tablespoons kirsch or lemon juice
For coloring: Raspberry or blackberry juice; melted chocolate; ground pistachios—if you use pistachios, substitute them for half the filberts. (All optional)
Orange flower water or rose water

INGREDIENTS FOR GLAZE

1 scant cup powdered sugar
3 tablespoons orange flower water or rose water

METHOD

☐ Beat the egg white in a large bowl until foamy, then add the nuts, powdered sugar, egg, and kirsch or lemon juice. Mix well. If you want to make some cookies a different color, divide the dough

Continued on page 146

Shouldn't the motor of the best food processor last a lifetime?



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WARING

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Swiss cookies
continued from page 144

in batches and color with natural dyes—berry juice, chocolate, or pistachios.

☐ Roll out dough ¼ inch thick on a board dusted lightly with powdered sugar or flour. Press mold onto dough and cut around edges carefully with a sharp knife. Put cookies on a greased and floured baking sheet and let dry in a warm place for 1-2 days. Early in the drying period, brush them with orange flower water or rose water.

☐ Bake in a preheated 300° oven 10-15 minutes. While still warm apply glaze. Stir the sugar and enough flower water together in a bowl until it is of a brushable consistency. Brush on cookies. Make sure not to overbake the Leckerli. They should still be moist inside. Makes about 30 cookies.

Springerli

INGREDIENTS

3 cups flour sifted and warmed (sift flour into an earthenware bowl and place in a warm, preheated oven for a minute)
Pinch baking powder
3 eggs
1¼ cups powdered sugar
Grated zest of 1 lemon
2-3 tablespoons ground aniseed

METHOD

☐ Sift flour with baking powder into a bowl. (If you make this dough in a food processor you can omit warming flour, since the machine warms the flour as it works.) Beat eggs and sugar together in a bowl until very thick and it forms a ribbon when the beater is lifted out of the mixture. Beat in lemon zest and aniseed. Add flour mixture gradually to make a dough that can be rolled out easily. Knead the dough briefly into a big ball.

Butter a baking sheet well. Roll dough out on a very lightly floured board to ¼-inch thickness. Dust cookie mold with flour to prevent sticking, press onto dough and cut out with a sharp knife. Place cookies on prepared baking sheet.

☐ Store unbaked cookies overnight in a warm room. During this drying time, the dough will contract and the image from the mold will appear more clearly. Next day, bake cookies in a preheated 300° oven for about 20 minutes or until they just begin to color. Makes about 12 men, 5 inches high.

Quince or apple paste

Leave the skins on the quince or apples as most of the pectin of the fruit is in the skins.

INGREDIENTS

Fresh quince or unripe apples, washed and quartered with core left in
Sugar
1 teaspoon lemon juice
1 teaspoon blackberry juice, or red food coloring
Coarse sugar (optional)
Slivered almonds (optional)

METHOD

☐ Steam quince or apples over boiling water until soft (about 45 minutes) or cook them in a heavy pan with a very little water until soft. Put them in a bowl, cover, and let stand overnight.

☐ Next day press them through a sieve and weigh the resulting purée. Put in a heavy saucepan and add an equal amount of sugar. Add a teaspoon of lemon juice and a teaspoon of blackberry juice for color. The color gets richer and darker as the sweets dry later on.

☐ Cook mixture about 45 minutes on low heat, stirring constantly until the mixture turns to a very thick paste and comes off the sides of the pan.

☐ Pour into 1 large tin mold or many small ones (for example, little madeleines). Let dry in a warm place several days.

☐ If the cooked purée had the right rubbery consistency after cooking, it will slip out of the molds easily. If it was not cooked enough, it won't become hard. The purée could also be spread, ½-inch thick on a baking sheet, and when hardened, cut into little shapes with cookie cutters. The shapes should then be rolled in coarse sugar. You can also mix the purée with slivered almonds before molding. Once finished, store in a cool place; they'll last forever. Makes about 48 little madeleines.

Cinnamon stars

(Zimtsterne)

INGREDIENTS

3 egg whites, stiffly beaten
1 cup powdered sugar, sifted
14 ounces unblanched almonds, finely ground
½ teaspoon lemon juice
2 teaspoons cinnamon
Lemon glaze (optional). Mix together ¼ cup powdered sugar and enough lemon juice to make a brushable mix.

METHOD

☐ Beat the egg whites with the powdered sugar in a large bowl until very stiff and thick (about 10 minutes with an electric mixer). Reserve 2 tablespoons to glaze finished cookies if you are not going to use the lemon glaze.

☐ Add almonds, lemon juice, and cinnamon to remaining egg white mixture and knead a bit. Let dough rest ½ hour.

☐ Roll out ¼ of the dough on a board very lightly dusted wih flour or powdered sugar until dough is ¼-inch thick. Cut out stars with tin cutter and put on a well-buttered and floured baking sheet. Let dry 1 hour and then carefully apply reserved egg white glaze to top only. Bake in a preheated 325° oven 20 minutes or until cookies are a light beige. Makes about 2 dozen 1-1½-inch stars. If you did not use the egg-white glaze, you can glaze the still warm cookies with the lemon glaze. ■

WE HAVE TO ADMIT, EUROPEANS DO KNOW A LOT ABOUT GOOD WINE.



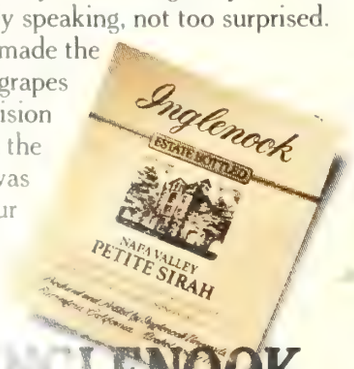
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1. Whole-wheat 2. Poppy seed strudel 3. Italian 4. French bread 5. Raisin spice bread

Breakfast is a delicious affair on Christmas morning for the Charles Currys of Long Island. Freshly baked breads and interesting preserves line the kitchen counters, as well as coffee and juice. The houseful of relatives is free to wander from present opening and the champagne punch under the Christmas tree to the kitchen for another slice of their favorite bread or to try another kind.

Champagne Christmas punch

INGREDIENTS

2 cups fresh orange juice
1 10-ounce box frozen strawberries, defrosted and mashed or puréed
2 whole oranges, thinly sliced or 1 cup home-frozen peaches, defrosted
½ cup Cointreau
1 quart Perrier or club soda
1 bottle champagne or white wine

METHOD

☐ Place orange juice, strawberries, and oranges or peaches in a pitcher with the Cointreau and refrigerate overnight.

☐ Just before serving, add Perrier or club soda, stir, add wine. Serve about 8.

Raisin spice bread

INGREDIENTS

1 package (1 tablespoon) active dry yeast
¼ cup warm water
¾ cup milk
⅓ cup butter
6 tablespoons sugar
1 teaspoon salt
2 teaspoons cinnamon
¼ teaspoon nutmeg
1 egg, beaten
3 cups all-purpose flour
1½ cups raisins
3 tablespoons caraway seeds
½ teaspoon orange zest

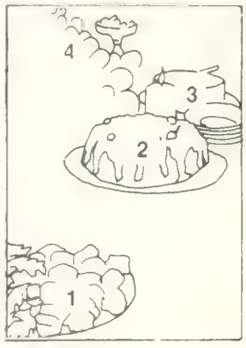
METHOD

☐ Mix the yeast with the warm water in a small bowl and let rest a few minutes. Heat the milk in a small saucepan and add the butter, sugar, salt, cinnamon, and nutmeg. Stir until blended. Cool.

☐ Put milk mixture in a warmed bowl, add yeast and egg. Beat in ½ the flour. Cover, let rise 1½ hours in warm place.

☐ Stir in remaining flour, raisins, caraway seeds, and orange zest. Put dough in a large, greased bowl and let rise until doubled in bulk, about 45 minutes. Punch dough down and shape into a loaf. Place in a buttered loaf pan (9 by 5 by 3) and let rise again until dough reaches top of pan. Bake in a preheated 350° oven 45-50 minutes or until bread sounds hollow when rapped on the bottom.

2 COOKIES AND CAKES AT AN OPEN HOUSE



1. Filled macaroons 2. Fruit cake with fondant icing 3. Orange sponge cake 4. Centerpiece of fresh fruits and nuts

Teatime is ideal to entertain groups of family and friends. A Connecticut family has about 50 guests come to skate by torchlight at a nearby pond, then to the house for cookies, cakes, fruit, nuts, and warming drinks—hot chocolate for children, hot, mulled wine for adults.

Jamey's shortbread cookies

INGREDIENTS

3½ cups all-purpose flour
1 cup powdered sugar
1 pound sweet butter, melted
¼ teaspoon salt (optional)
Apricot preserves

METHOD

☐ Mix together in a bowl, flour, sugar, butter, and salt, and form into a ball. Cool.

☐ Break off small pieces and roll between palms into small balls about 1 inch in diameter. Place on a cookie sheet.

☐ Make a thumbprint indentation in each ball and fill with a tiny dab of apricot preserves. Bake in a preheated 350° oven until just barely golden, about 10-12 minutes. Makes about 64 1½-inch cookies.

3 FOOD-TASTING FOR COCKTAILS—FROM CRUDITES TO CHEESES



1. Crudités 2. Breads 3. Bread sticks 4. Chive butter 5. Caviar brioche 6. Sliced ham 7. Green grapes 8. Brie 9. Mushroom mousse 10. Mustard sauce

A lavish buffet of beautifully arranged hors d'oeuvre, ready and waiting for guests to sample their way around—a formula Jane Wilson and Jeff Perlman of The Party Box, a New York catering firm, use often for cocktail buffets. Those who might be off for dinner dates can feast—but lightly—on the varied crudités and brie and grapes. Those more interested in the buffet and less so in dinner can taste pâté, caviar brioche, breads, ham, and mushroom mousse.

Mushroom mousse

INGREDIENTS

½ pound fresh mushrooms, chopped
Butter
1½ teaspoons gelatin
1 tablespoon sherry
¼ cup cold chicken broth
1 egg, separated
1½ drops Tabasco sauce
¼ cup mayonnaise
1 teaspoon capers, drained
1½ tablespoons onion, chopped
½ teaspoon lemon juice
¼ teaspoon garlic salt
Pinch white ground pepper
½ cup heavy cream

METHOD

☐ Brown the mushrooms in butter in a large skillet. Set aside.

☐ Soften the gelatin in the sherry and broth in the container of a blender for a minute or two. Blend briefly.

☐ Add the mushrooms, egg yolk, Tabasco, mayonnaise, capers, onion, lemon juice, garlic salt, and pepper. Blend until smooth, then add the cream. Blend again.

☐ In a small bowl, beat the egg white until stiff, then fold it into the mushroom mixture. Pour into a mold and refrigerate until ready to serve. Makes about 2 cups. Serve unmolded or in a bowl to spread on grielles, mild Melba toast, water biscuits, or white toast points. Or spoon into lightly poached mushroom caps. Serves 10.

4 COLD MEATS AND MOUSSES FOR A MAKE-AHEAD SUPPER



1. Caviar mousse with sour cream 2. Roast sliced beef 3. Roast turkey 4. Salmon mousse

A cold buffet to warm the eyes and appetites of 30 supper guests—Ned Marshall and Harry Schule, New York interior designers, make all the food ahead of time so they can enjoy the holiday fun, too. The food is all straightforward, simple, but Mr. Marshall, who does most of the cooking, makes sure tastes and textures add up to a festive spread.

Continued on page 151

Boggs Cranberry Liqueur. The beginning of an American tradition.

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Continued from page 148

Mustard-mayonnaise sauce

INGREDIENTS

1 cup Hellmann's mayonnaise
½ cup Grey Poupon mustard
2 tablespoons Fauchon green peppercorn mustard
1 teaspoon dry mustard
1 tablespoon parsley, finely minced
Pinch cayenne pepper
2 hard-boiled eggs, finely chopped
Juice of 1 small lemon

METHOD

☐ Mix all ingredients together well in a bowl and let sit 30 minutes before serving. Makes about 2 cups sauce.

☐ This is good not only as a dressing for cold meats, but a good dip for crudités. The dry mustard makes it just a bit hot, which is good for crudités.

Caviar mousse en gelée

INGREDIENTS FOR MOUSSE

2 envelopes unflavored gelatin
¼ cup cold water
2 chicken bouillon cubes
½ cup boiling water
1 dozen large hard-boiled eggs, finely chopped
¾ cup Hellmann's mayonnaise
1½ cups white onion, finely minced
1 4-ounce jar caviar (Beluga, $32.95; whole grain, $27.95 at Maison Glass) or black lumpfish roe
1 tablespoon small capers
½ cup sour cream
1 teaspoon salt

INGREDIENTS FOR ASPIC

2 envelopes unflavored gelatin
¼ cup cold water
2 chicken bouillon cubes
¾ cup boiling water
2 lemons, thinly sliced
3 hard-boiled eggs, thinly sliced
1 small jar pimiento strips, thinly sliced
1 4-ounce jar caviar or black lumpfish roe
Sour cream
Lemon slices

METHOD FOR MOUSSE

☐ Soften gelatin in cold water; dissolve bouillon cubes in boiling water. Add to gelatin, stir, and cool.

☐ Mix chopped eggs with mayonnaise in a large bowl. Fold in remaining ingredients and mix well. Stir in gelatin. Chill.

METHOD FOR ASPIC

☐ Soften gelatin in cold water; dissolve bouillon cubes in boiling water and add to gelatin. Cool.

☐ Pour a ¼-inch gelatin layer into a straight-sided round mold about 10 inches in diameter. (A French copper saucepan is perfect.) Put in freezer to become very firm and level; *do not freeze*.

☐ Arrange egg slices and pimiento strips form a symmetrical decoration on top of firm gelatin layer. Over decoration put another layer of gelatin to cover, chill well until firm. Add a thick layer of caviar, drizzle gelatin through this well, chill until firm.

☐ Turn in mousse mixture, chill until firm. Unmold on a round silver tray, frost sides with sour cream, garnish with lemon slices and serve with plain Bremner wafers. Serves 30 as part of this menu. ■

Family country lunch

Continued from page 13

Wassail for the grownups

INGREDIENTS

12 Lady apples or 6-8 small McIntosh
2 quarts ale
3 lemons
2 teaspoons nutmeg, freshly grated
6-8 pieces candied ginger
2 sticks cinnamon
4 tablespoons brown sugar or more to taste
1 bottle medium dry sherry

METHOD

☐ Prick skins of apples and roast in a preheated 450° oven just until tender, 10 minutes for Ladies and 20-25 for McIntosh.

☐ Heat ale in a large, enameled saucepot just until about to boil (don't boil for alcohol's sake).

☐ Grate zest of 2 of the lemons and squeeze the juice from all the lemons. Stud [illegible] with cloves and add to the ale. Stir in nutmeg, ginger, cinnamon sticks, and brown sugar.

☐ Add all remaining ingredients except apples and steep over low heat 25 minutes. Do not boil. Float apples on top and put pot over a warmer to serve. Makes about 3 quarts.

Christmas punch for the youngsters

INGREDIENTS

8 whole cloves
3 pieces candied ginger
2 cinnamon sticks
8 whole allspice
1½ cups water
1½ cups granulated sugar
1 quart orange juice
½ cup fresh lemon juice
1 quart fresh apple cider
2 lemons, sliced
1 orange, sliced
2 tablespoons butter, cut in small bits

METHOD

☐ Boil cloves, ginger, cinnamon, allspice, and water together in a large pot for 10 minutes.

☐ Add sugar and stir until dissolved. Add orange and lemon juice and apple cider and heat.

☐ Add lemons and orange slices, and, just before serving, add butter to melt on top of hot punch. Makes about 10 cups.

Curried pecans

INGREDIENTS

1 pound pecan halves
¼ pound butter
¼ cup safflower oil
4 tablespoons brown sugar
2 tablespoons curry powder
1 tablespoon ground ginger
Salt to taste
3 tablespoons chutney, very fine, chopped

METHOD

☐ Place pecans on a baking sheet and toast 5 minutes in a preheated 350° oven, or until just warmed and crisp. Don't brown. Leave oven on.

☐ Heat butter and oil in a large skillet. Add sugar, curry powder, ginger, salt, and blend. Add hot pecans and stir until well coated. Add chutney and mix well. Turn off oven.

☐ Place pecans on a baking sheet that is covered with paper towels and put in oven.

☐ Let pecans sit in oven 10 minutes. Take off paper and cool. Salt more if needed.

Two-day borscht

INGREDIENTS

2 large beef knuckles
5-6 pounds beef shank in pieces
2 bay leaves
2 carrots, sliced in rounds
2 large potatoes, cubed
1 onion, chopped
2 cloves garlic, minced
2 stalks celery, sliced
6 medium beets, cubed
1½ pounds cabbage, shredded
1 1-pound, 13-ounce can peeled tomatoes in purée, chopped
Handful parsley, chopped
½ teaspoon [illegible]
½ teaspoon [illegible]
1 tablespoon [illegible]
1 tablespoon tomato paste
Salt, pepper
Lemon juice
Sour cream
Fresh dill

METHOD

☐ Place beef knuckles in a large pot, cover with water, and bring to a boil. Turn down heat and skim off all foam. Cover and slow boil for 8-10 hours. Let cool overnight. Remove fat from broth. Check to see if cartilage has softened on bones, and if not, boil for another 4 hours. Remove bones, scrape off softened cartilage into soup as well as any available bone marrow.

☐ Add beef shank to broth and simmer 1 hour, skimming as necessary. Remove meat from broth, cut meat off bone, and cut it into 1-inch cubes. Remove marrow from bones and discard bones. Reserve meat and marrow.

☐ Add bay leaves, carrots, potatoes,

Continued on next page

Family country lunch
continued from preceding page

onion, garlic, celery, and beets. Boil until potatoes and carrots are tender, about 30 minutes. Add cabbage, tomatoes, parsley, dill, thyme, meat and marrow. Boil 15-20 minutes longer. Season with vinegar, add tomato paste for a darker color, salt, pepper to taste, and remove bay leaves. Add juice of a lemon, if desired. Simmer until ready to serve. Serve with sour cream and fresh chopped dill. Serves 10-12.

Salt roasted potatoes

INGREDIENTS

1-2 tablespoons vegetable oil
12 small new potatoes
Kosher or coarse sea salt

METHOD

☐ Pour oil in a shallow baking pan, and roll potatoes around in it until coated. Sprinkle heavily with salt. Bake in a preheated 425° oven for 45 minutes. Serve 1 2 to each person.

Kidney bean salad

(Lobia Tkemali)

INGREDIENTS

4 cups red kidney beans, cooked (Follow instructions on box for cooking. They vary in size somewhat, but you want to end up with 4 cups when done. Or use drained, canned beans.)
¾ cup plum jam
2 teaspoons red wine vinegar
2-3 cloves garlic, minced
¼-½ cup parsley, minced
½ teaspoon salt
4-6 drops Tabasco sauce
½ teaspoon thyme
½ teaspoon basil
Lemon juice to taste
Parsley

METHOD

☐ Put beans in a serving bowl. Heat jam and vinegar in a small pot until it boils. Simmer 2 minutes and strain into a bowl. Add garlic, parsley, salt, Tabasco sauce, thyme, and basil to jam and gently fold into beans.

☐ Taste and add lemon juice to taste. Serve at room temperature sprinkled with more parsley. Serves 8-10.

Eggplant caviar from the Caucasus

INGREDIENTS

2 large eggplants
1 cup pecans, ground
3 cloves garlic, minced finely
1 teaspoon salt
1 tablespoon lemon juice, freshly squeezed
½ teaspoon allspice
About ½ cup olive oil
Tabasco sauce to taste
Chopped parsley

METHOD

☐ Heat oven to 400° and bake eggplants until soft, about 45 minutes. Split them in half and scrape pulp into food processor with the steel blade. Purée. Remove to serving bowl.

☐ Mix in pecans, garlic, salt, lemon juice, and allspice. Add olive oil slowly while beating. Take care mixture does not become too thin. Taste and add Tabasco to taste. Sprinkle with parsley.

☐ Serve at room temperature with crusty French bread or toasted Pita bread to eat along with soup, Makes about 3 cups. ■

Antique American Christmas
continued from page 92

Huckleberry muffins

(Blueberries can be used to replace huckleberries)

From The Williamsburg Art of Cookery *by Helen Bullock, published by Colonial Williamsburg, distributed by Holt, Rinehart and Winston*

INGREDIENTS

2 cups all-purpose flour
4 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 cup huckleberries or blueberries
1 egg
1 cup milk
4 tablespoons butter, melted

METHOD

☐ Sift together the flour, sugar, baking powder, and salt into bowl. Add berries.

☐ Beat the egg in a small bowl and add the milk. Stir and pour into the flour mixture. Add the butter, stir until ingredients are moistened. Pour batter into buttered muffin cups until half full and bake in a 350° oven about 25 minutes, or until done. Makes about 2 dozen 2-inch muffins.

Williamsburg split pea soup

From The Williamsburg Art of Cookery

INGREDIENTS

1 pound split peas, well washed
3 quarts cold water
1 large onion
1 ham bone
Pepper, salt to taste
Toasted croutons

METHOD

☐ Put split peas in a large kettle, add the cold water, onion, ham bone, pepper and salt and cook slowly about 3 hours until soup is thick and peas very soft. Strain through a coarse sieve pushing solids through as much as possible. Serve hot with croutons. Serves about 8. ■

Christmas in China
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mas supplies, passed one of these open-fronted butcher shops. Upon the counter, near the meat, stood a very dignified-looking, small, yellow and white heron, about a foot high, looking very alert. Every once in a while when a fly alighted on the meat, out would go his long, strong bill, and the meat would be minus a fly!

They called these trained birds "fly-catchers," though they had nothing to do, of course, with our Western birds of the same name. These were used for business purposes only, and did a very good job, tame as chickens and quite unperturbed by the crowd in the street around their place of employment.

Then we might have had curry and rice, a ringer from India made with lamb and served with grated coconut, peanuts, chutney, and raisins, but never bananas. You might think curry not quite the dish for Christmas, but this was the Orient. We would have goose instead of turkey, for turkey had to be imported at great expense. And we would finish up with plum pudding made by mother, and an ice cream made by us—mango preferably—in an old-fashioned hand-grinding ice-cream maker. The luscious fresh yellow mangos we got were best for this, but you can make a reasonable facsimile, very simply, by using canned mangos.

The repast was teetotal. Though my father was not averse to drink away from China, we never had wine or spirits in the house because he felt it was "not a good example" for a missionary to use alcohol. Dinner took much too long as far as we children were concerned, consumed as we were by curiosity and excitement about what lay behind the sealed door of our living room. It had been solemnly barred with red Chinese paper, the kind they use for kites, with the character for Happiness writ large upon it by my father the night before.

For 24 hours the room had been taboo, while The Tree was bespangled and bedecked by the grownups, family and whatever guests were about. The Tree was always hung with chains of colored paper we had made, and lighted with real candles—a pail of water and a bamboo stick with cotton-batten tied to its end ready for snuffing out any incipient fires.

Prolonging the mystery agonizingly, father would at last break the red seal and let us into an Ali Baba's Cave of a living room. All the shutters had been closed to darken the familiar surroundings and emphasize the flickering candlelight and the festooned Tree, with presents hanging from it and below it in piles that seemed enormous to us. Almost as excited and curious as we kids, a parade of our "help" pushed in behind us—our amah on her tiny bound feet with a smile rivaling the Yangtze's

Continued on page 154

Forego the usual appetizers. Favor almonds and vegetables instead.



The trend is to lighter, more natural snacks. And here is a beautiful expression of the new idea—a Della Robbia wreath made from crisp, raw vegetables and a bowl of Blue Diamond® Whole Natural Almonds.

Directions for the holiday wreath are given at right. It's simple to make with toothpicks on a cork base. The almonds come already shelled in Blue Diamond® cello packs or tins.

Make this wreath the centerpiece at your holiday party. A stunning and very welcome contrast to the usual appetizers!

DELLA ROBBIA WREATH

• 1 bunch radishes • 1 bunch scallions • 1 bunch carrots • 1 stalk celery • 3 cucumbers • Cauliflowerettes • 3 cherry tomatoes • Parsley • 1 box strong wooden toothpicks • 1 piece 1/2-inch cork, cut to make 8-inch wreath • 2 cups Blue Diamond® Whole Natural Almonds

Wash all vegetables. Trim radishes; cut into "rosebuds." Trim scallions to 3-inches; make 3 to 4 slashes about 1-1/2 inches from root end. Peel carrots. Slice carrots and celery into 3-inch sticks. Trim ends of cucumbers; cut outside green skin into 2 to 4-inch pieces, 1-inch wide and 1/4-inch thick. Slash one end of each piece 1-inch deep to make fringe. Drop all vegetables into ice water for about 30 minutes to crisp, curl and open. When ready to assemble, drain vegetables. Using toothpicks, skewer pieces to wreath base as shown in photograph. Assemble cherry tomatoes in center front, garnish with parsley. Refrigerate, covered tightly. When ready to serve, place almonds in small bowl in center of vegetable wreath.



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Christmas in China
continued from page 152

breadth, the cook impatient to get back to his "Eight Precious Stuffed Duck" for tomorrow, and the "boy" of some 45 winters who kept the garden and ran errands. They oohed and aahed at the crazy foreign scene and were presented with large red boxes of Chinese sweets—probably stuffed dates—with the usual gold "luck" character filling most of their covers. Under that was a crisp new $5 bill for each.

Once the candles on The Tree flickered out, the shutters would be opened so we could really see what we were getting. As evening drew in, the chunk-chunk of the "electric light plant," as we called our private lighting system, would add an audial memory to the visual memory that has stayed with me along with the smells of China Christmases.

Our house tradition was to leave all packages in their original wrappings—so American stamps on the brown paper packages from home, and the exotic ones on packages from friends in Japan and other far-off places, were admired, peeled off and added to our collections before the gifts were unwrapped. My father did the honors, passing out gifts with ceremonious humor and strict attention to precedence, in accordance with our Chinese names. We were all known by these names—Doh Didi, Gnee Didi, Sa Didi, and Ssu Didi—an admirably simple Chinese system that meant Big Brother, Second Brother, Third Brother, and Fourth Brother! No sisters, alas, but having four sons was the source of many an awed and admiring comment from mother's Chinese friends.

Meanwhile, mother kept track of whom the gifts were coming from for "thank yous" later. I recall one present I got and wheeled around the schoolyard in the afternoon sunshine—an English bicycle. It made me so popular with the Chinese school boys that some began to accuse others of *kha yeur*, literally "wiping oil," meaning that they were being accused of toadying to attract my father's attention.

The first Christmas present I ever gave would have been thoroughly approved of by Jimmy Carter—peanuts. In China, peanuts always came in their shells, but I admired the rare imported Planter's kind that came ready salted and roasted. So, at age 7 or so, I shelled a fair-sized jam-jar full of rather soggy, rawish, do-it-yourself peanuts, sprinkled salt into the jar, and hid them carefully in one of the most secret places I knew—one of mother's bureau drawers. Come Christmas, these gourmet goobers were a hit, though I suspect a majority of them found their way into the ashcan.

Christmas day would usually end with my father sitting beside the living-room fire and we brothers all snuggled against him or mother, while he read—with all the appropriate histrionics—from Dickens *A Christmas Carol*. The end came when, in our literal translation of the Chinese, we would "shut the lights" and take off for bed. Well, that was not quite the end, for the day's excitement was too much for me, usually. So I would move into the more familiar fourposter of my amah, hung about with heavy curtains, to be lulled to sleep by watching, with my head on her hard bolster, as she slowly greased and recombed and arranged her hair with a bamboo comb, applying ointments smelling of musk, until my eyes closed and she carried me off to my own springless, rattan-mattressed bed.

Noodles with meatballs soup

INGREDIENTS

1 pound pork, chopped (¼ fat)
2-3 ounces water chestnuts, chopped
1 onion, finely chopped
Salt, pepper
1 egg
1½ pints beef broth
¼ pound transparent noodles
3 tablespoons dried bamboo shoots, sliced and soaked in water for 1 hour, drained
4 large dried mushrooms, soaked for 20 minutes in water to cover, drained
1-2 scallions in ¼-inch slices
1 tablespoon vinegar
1 tablespoon soy sauce

METHOD

In a bowl combine the pork, water chestnuts, onion, salt and pepper to taste, and the egg. Mix well and form into meatballs 1 inch in diameter.

Bring broth to a boil in a large saucepan. Add noodles and simmer for 10 minutes. Add salt to taste, bamboo shoots, mushrooms, scallions, vinegar, soy sauce, meatballs. Simmer gently another 10 minutes, serve. Makes about 1 quart.

Chicken curry

INGREDIENTS

1 whole chicken, about 3½ pounds
4 tablespoons vegetable oil
2 large onions, thinly sliced
Salt
2-3 tablespoons curry powder (or to taste)
2 tablespoons soy sauce
½ cup chicken stock
½ cup coconut milk (optional)
1 cup milk
Boiled rice
Grated coconut, peanuts, raisins, chutney

METHOD

Chop the chicken through the bone into 12-16 pieces (it can be boned if you like).

Heat the oil in a heavy saucepan and add the onions, salt to taste, and the curry powder. Cook over high heat 2 minutes. Add chicken and stir fry 5 minutes.

Continued on page 157















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hristmas in China
ntinued from page 154

Add the soy sauce, chicken stock, and oconut milk. Bring to a boil and simmer 0 minutes. Add the milk and simmer nother 30 minutes, stirring every 10 hinutes.

Serve on boiled rice with little dishes of grated coconut, peanuts, raisins, and hutney that the guests can add as de ired. Serves 4.

Mango ice cream

NGREDIENTS

20 ounces canned mangos in syrup
15 ounces heavy cream

METHOD

Chop the mangos roughly and reser he syrup. In a large bowl beat the until slightly stiff and add the mangos and syrup. Put into an ice-cream freezer and freeze according to manufacturer's instructions, or put in a pan in the freezing compartment of your refrigerator and stir every 15 minutes or so to prevent crystalization until frozen. Makes about 1 quart ice cream. ■

The enormous party
continued from page 128

It is not known when the capacity for speech was built into our brain, but it must have been a very recent event, an eyeblink in evolutionary time. Whenever, it was probably then that we began to become a biologically social species, ultimately as compulsively communal as the famous social ants and termites. Early on, the evolutionary pressure on all humans to adapt quickly to the new environment of language must have been a powerful force. Imagine trying to live with, to fit in with, and worst of all, to compete with speaking people if you lacked the art of making and receiving words. It is perhaps because of that sudden pressure that the astoundingly rapid evolution of the human brain occurred when it did.

Language became the environment in which humans live. Like a reef, it built itself into an immense live creature with an urge to grow and change. It has a life, so to speak, of its own. As it changes and extends itself, it demands new adaptations on the part of everyone living in it. It becomes a mountainous structure, made up of those huge stores of information and images from which whole societies and cultures take their form.

And how do we use it, what do we do with it? Incessantly, from our earliest childhood up to our deaths? With it, we make gifts to each other. We give away, compulsively and without reluctance, the whole, unique asset, for there is nothing else to do with it. Language is not designed for solitary selves; it is for others. So, we talk to each other, we instantly and automatically donate all our most interesting information. What is more we would die or become utterly unhappy if prevented, or if the information is unlistened to.

We are kept at this, and at each other, all our lives. We tell each other how the world seems, and the news and the images are passed around. We are conscious, we say; this hybrid word was constructed precisely because its original roots meant to "know together." We would empty out our minds for the people around us, if we knew how to do it. Poets appear to be talking for themselves alone; they seem to be more like real isolated selves, entities, than the rest of us, but it is an illusion; poets, good poets, are talking to, and for, the whole earth.

This is, I think, as much a form of altruistic behavior as anything else I've heard of in nature. We are biologically unique for having language, and because of this we have our minds, and are like the rest of nature in what we do with these treasures: We make them into presents, and give them away. ■

Total confidence
continued from page 24

sion, and you can conquer the fear.

Finally, if you can practice shedding your negative self-image ("I can't ski well, I'm no good, I'll never be able to ski properly") by learning that you don't have to prove anything, and that you are *not* your performance ("I am a bad skier, therefore I'm a bad person"), then you will directly affect your performance in real life. If you go through life worrying about how people judge you, how you are performing in relation to others, how well you do, you are focussing on self-image, which distracts you from your natural process of improvement and development. If you can forget yourself, that is, forget the nagging voice of Self 1, then Self 2 can flourish.

It sounds abstract, but you can practice in the most practical way possible, by using Timothy Gallwey's techniques when you play tennis, swim, ski, play golf, or go hiking. Play the Inner Game at all times, and you will achieve new levels of awareness, self-confidence, and knowledge as a consequence.

Note: Bob Kriegel, Timothy Gallwey's skiing colleague and co-author, is organizing a series of Inner Skiing Clinics in February and March. Here are their dates and places:

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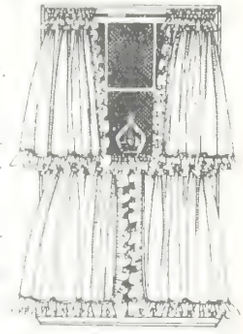


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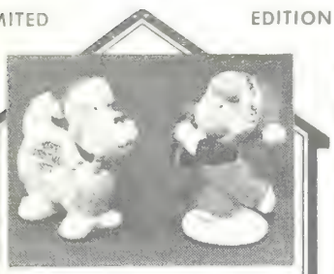


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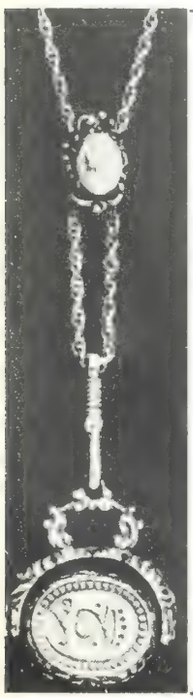
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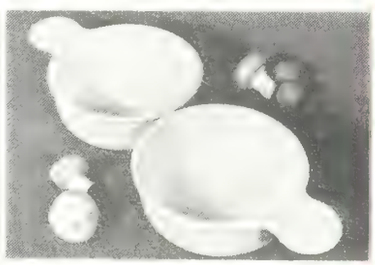
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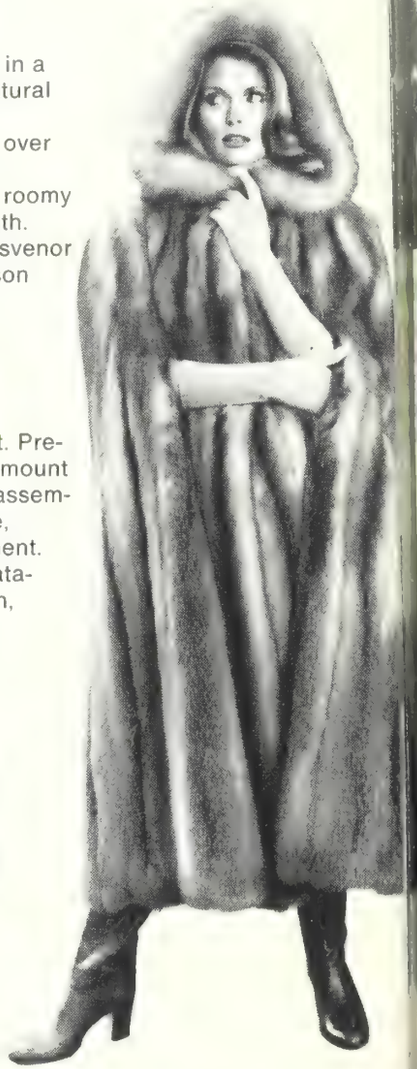
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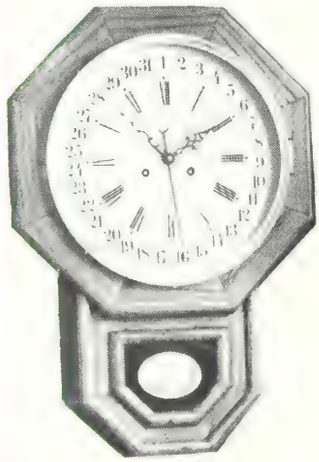
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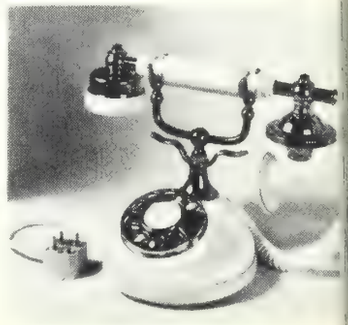
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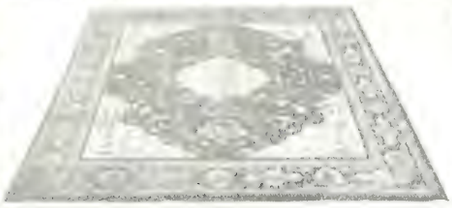


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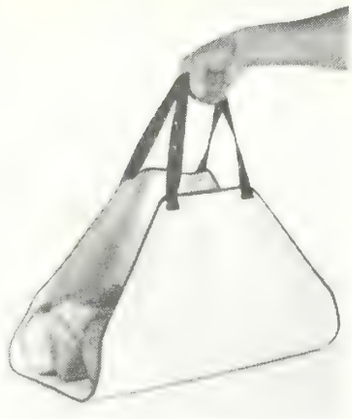
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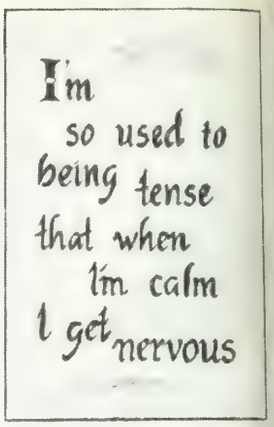
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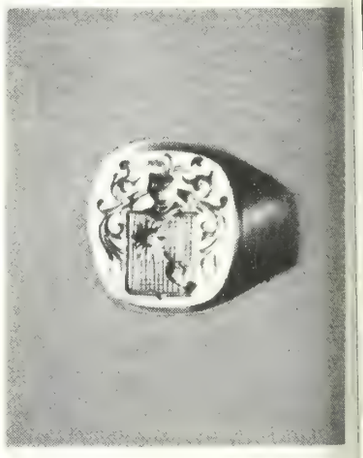
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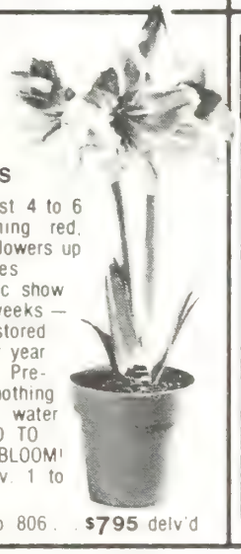
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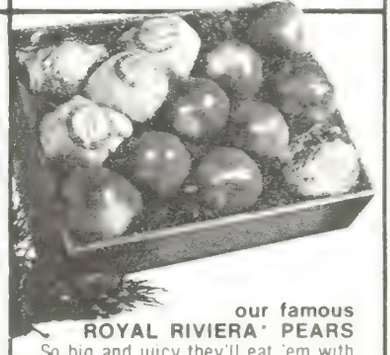
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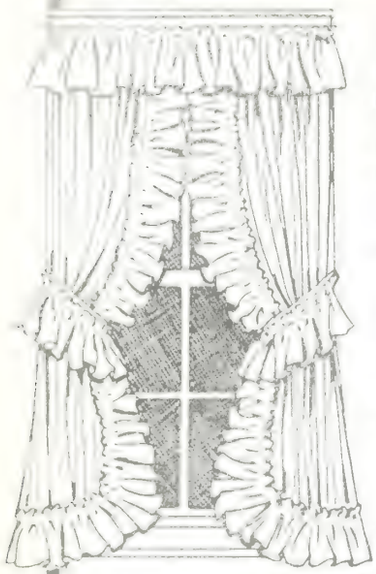
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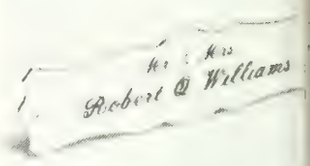
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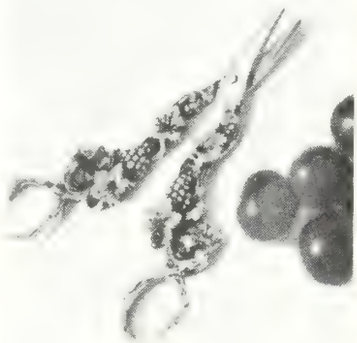
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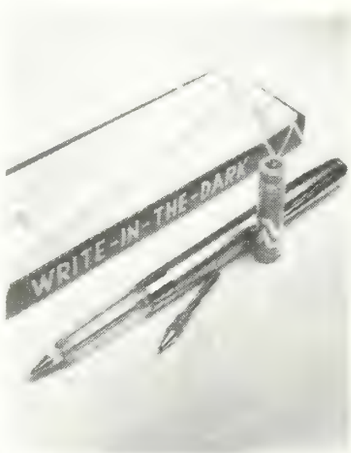
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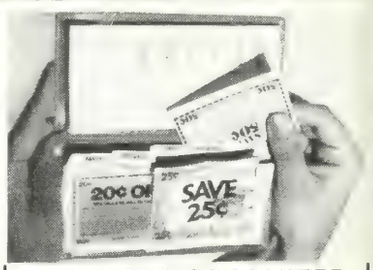




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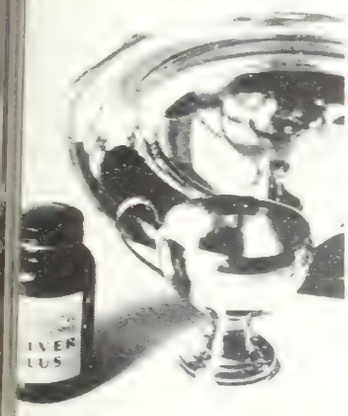
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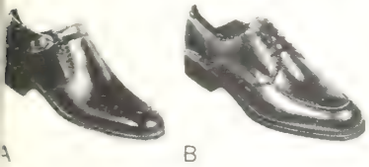


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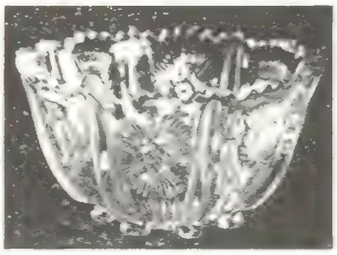
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A. Grain leather, slip-on, leather sole, black or brown.
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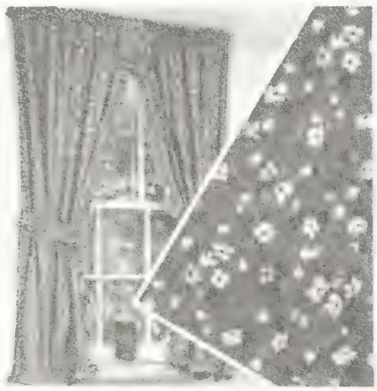
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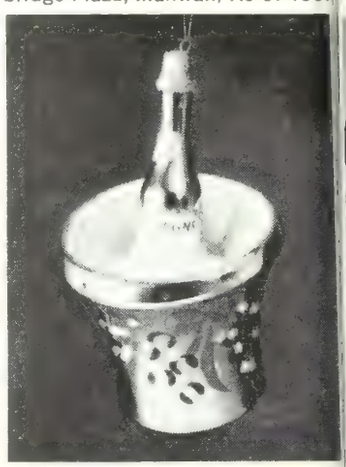
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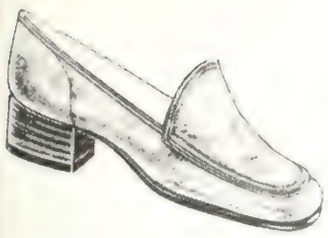
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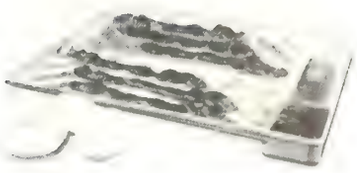
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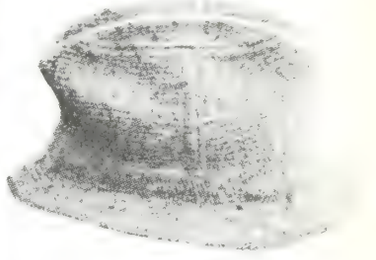
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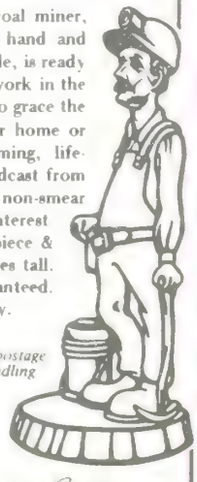
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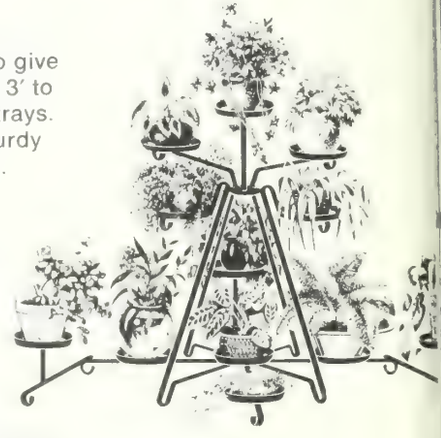


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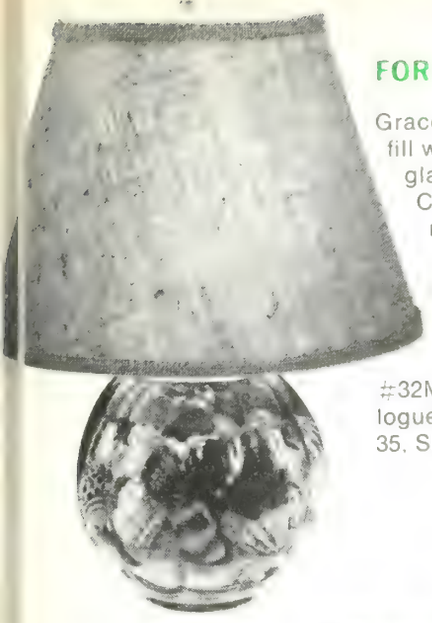
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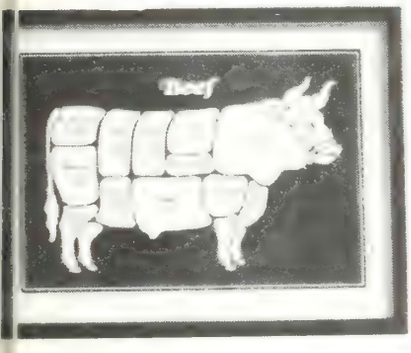
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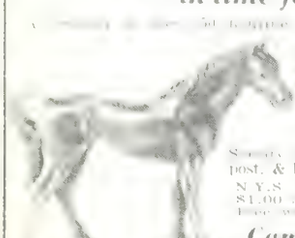
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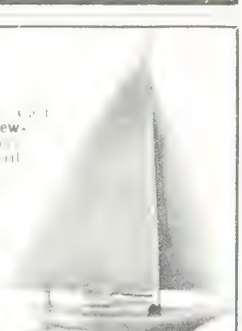
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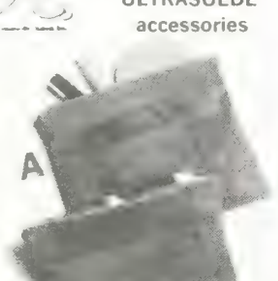
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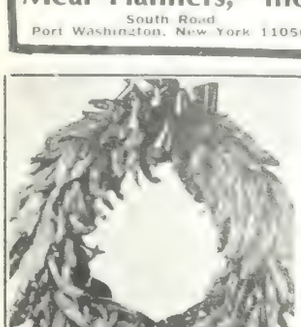
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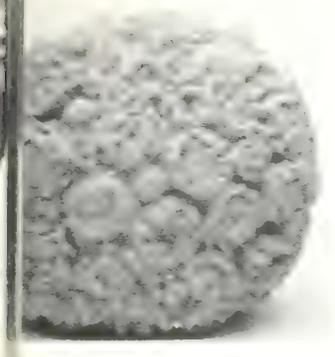
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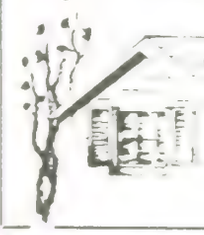
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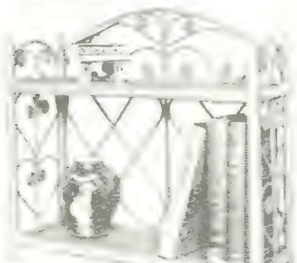
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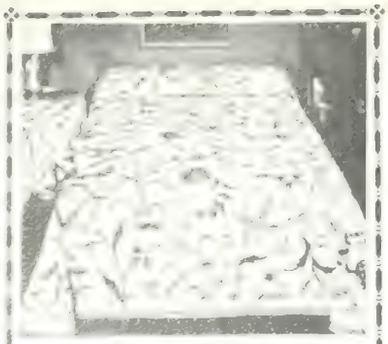
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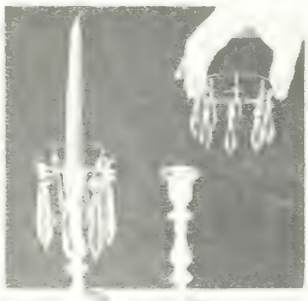


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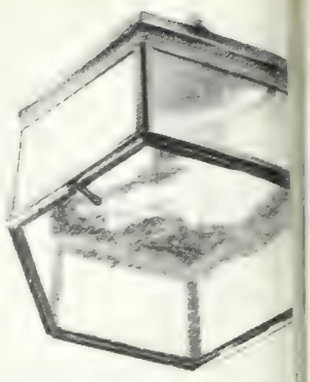
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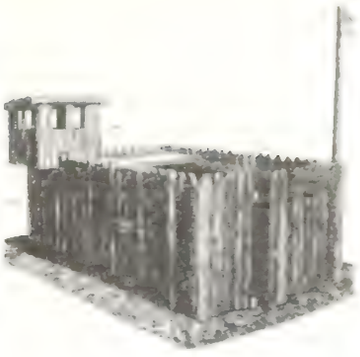
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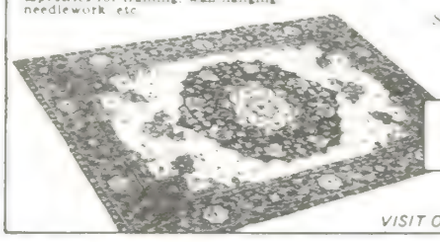
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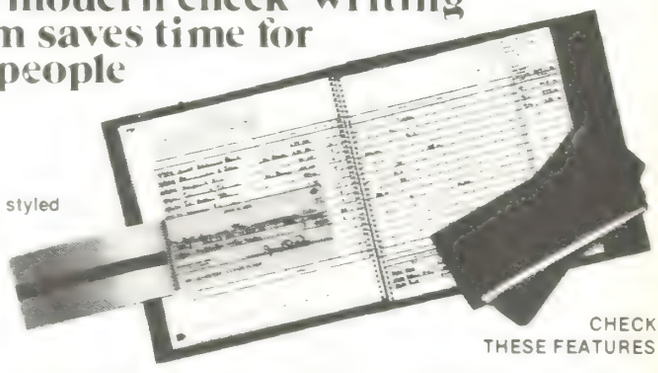
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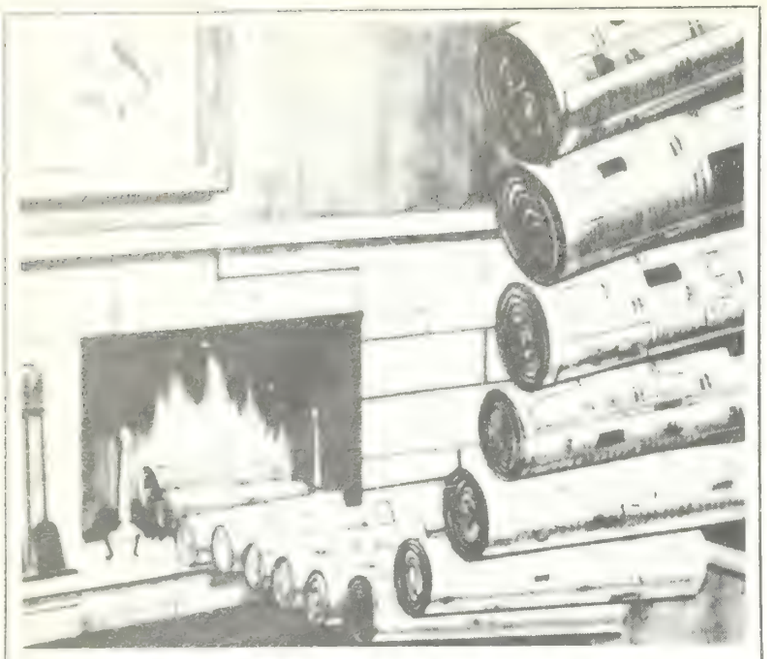
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Change old newspapers to logs for the fire in seconds! Just roll up newspapers using LOG ROLLER. Roll papers into a tight bundle, tie them with special binders and pop them into the fire. Four logs will burn up to 1½ hours.

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Many Things, Box 125 H12, No. Easton, Mass. 02356



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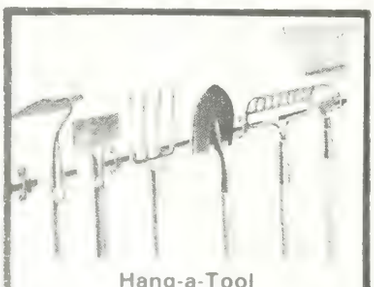
HG-6 [illegible] by Air $13.25*

HG-37 Loads of English plus [illegible] by Air $22.00*

matic Mountain greens. $25.35

(AIRMAIL suggested for [illegible] Via Airmail only to Florida, Hawaii & U.S. Possessions.

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XL053-6—Hang-a-Tool . . . $5.98

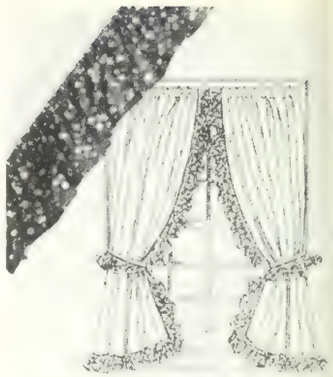
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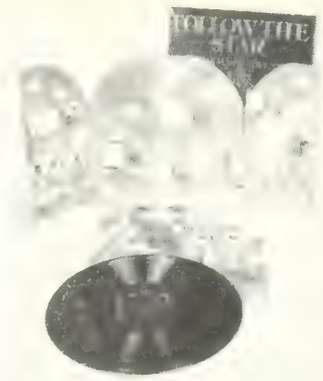
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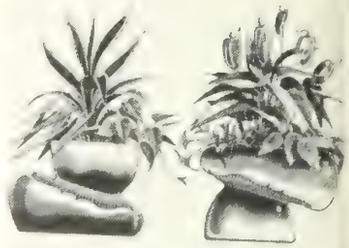
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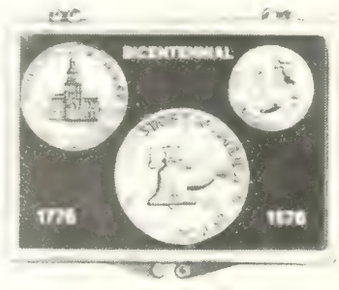
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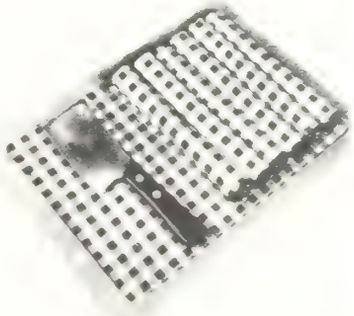
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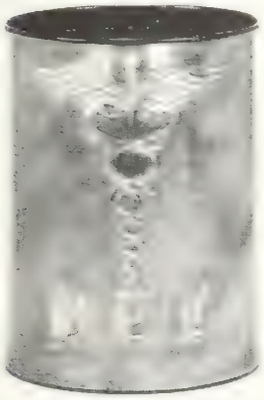
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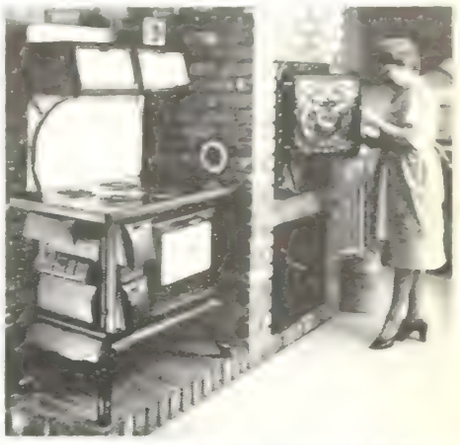
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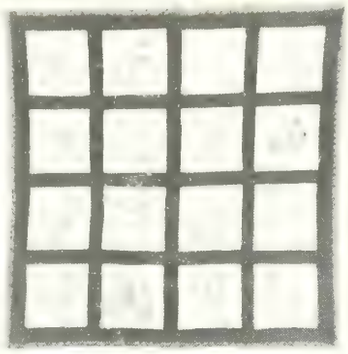
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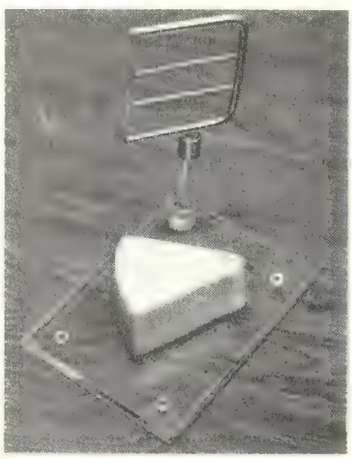
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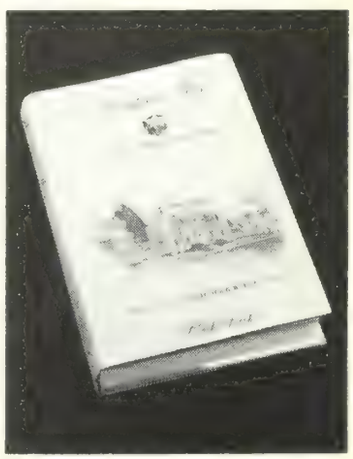
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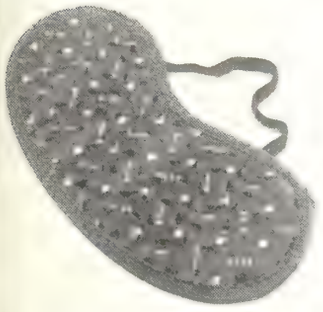
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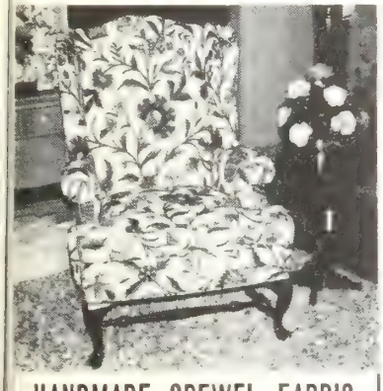
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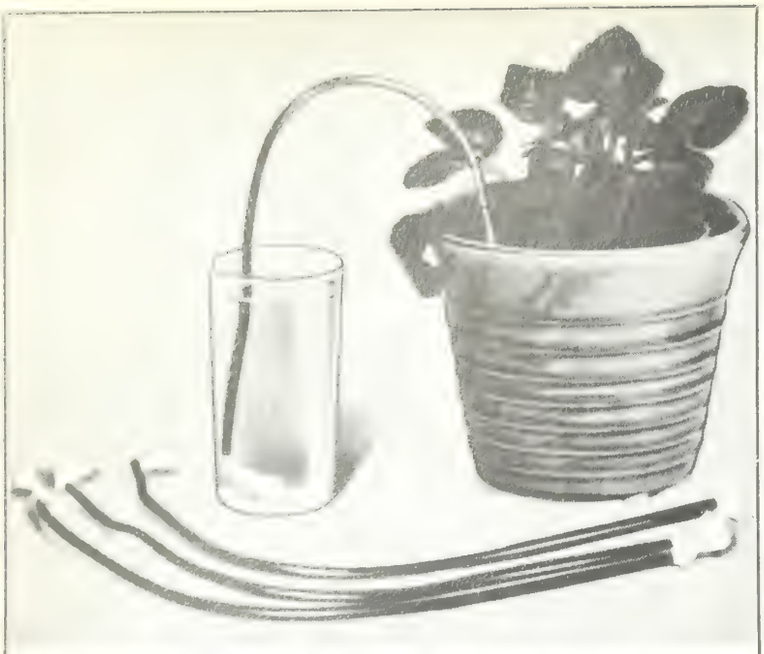
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CITY_____

STATE_____ ZIP_____

There's still time to order this beautiful Christmas cake for everyone on your gift list (pre-Christmas arrival assured). Favored by hostesses for more than 81 years, the DeLuxe is custom-baked for you and mailed straight from our kitchens. Filled with juiciest imported fruits and rich Texas pecans—flavor so perfect *we guarantee it the best you've ever bought, baked, or eaten, or money promptly refunded.*

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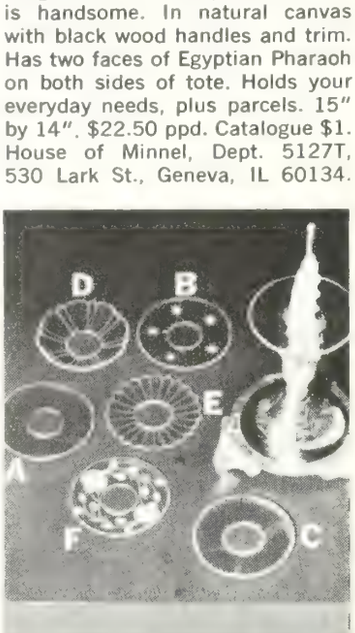
GOOD MORNING

Delicious red grapefruit from the famous Rio Grande Valley in Texas. Individually selected and packed; juicy oranges included if requested. All fruit is guaranteed. Half bushel, $9.65; bushel, $14.25. Ppd. Order now, pay Jan. '78. Pittman & Davis, 826 N Exp., Harlingen, TX 78550.



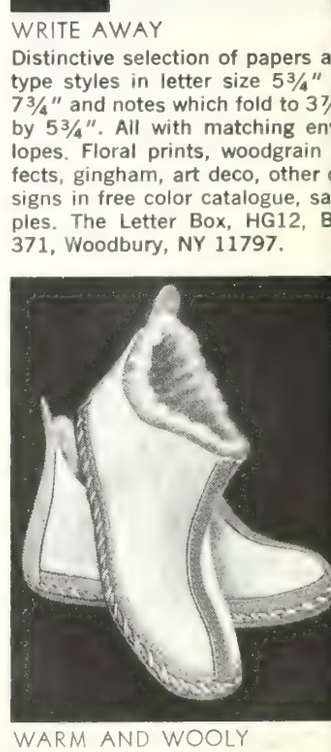
TO KEEP IN CAR

Lucite window scraper, a ha automobile accessory and a g gift item. In leather-look vinyl c Comes engraved with three-in monogram (underline the initia last name). $10 plus 95¢ p The Unicorn Gallery, HG12, 15 New Hampshire Ave., Colesv MD 20904.



AMPLE CARRYALL

King Tut tote is as practical as it is handsome. In natural canvas with black wood handles and trim. Has two faces of Egyptian Pharaoh on both sides of tote. Holds your everyday needs, plus parcels. 15" by 14". $22.50 ppd. Catalogue $1. House of Minnel, Dept. 5127T, 530 Lark St., Geneva, IL 60134.



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63"	11.50
Ties, pair	1.00
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Canopies
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$25 additional

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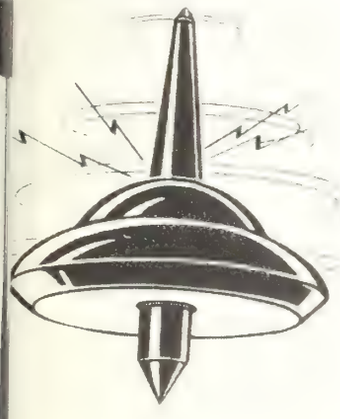
O IT YOURSELF

oor Man's Catalogue is chock-a-ock full of plans and ideas for ilding furniture and other items. has money-making plans, energy avers, arts and crafts plus a Poor oman's section and unusual tool ses. Send $1 to Poor Man, HG-277, 240 Kinderkamack Rd., radell, NJ 07649.



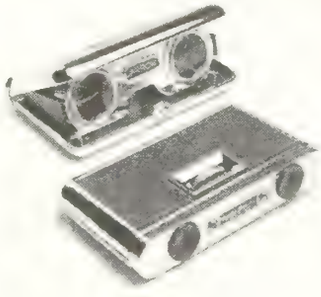
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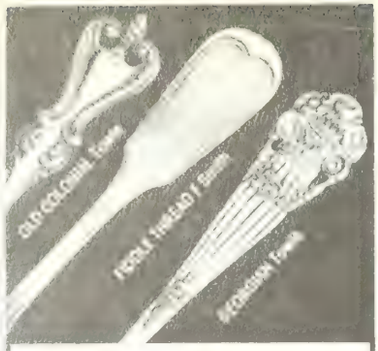
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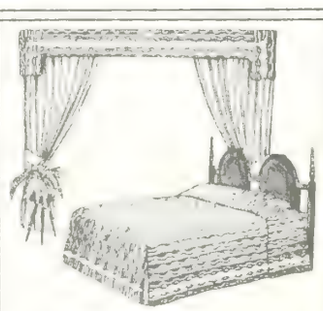


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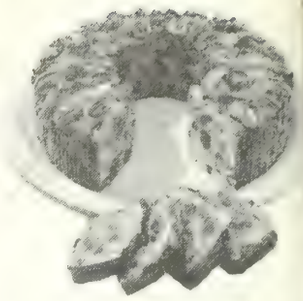


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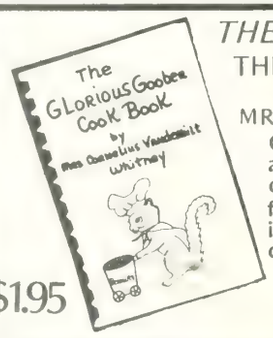
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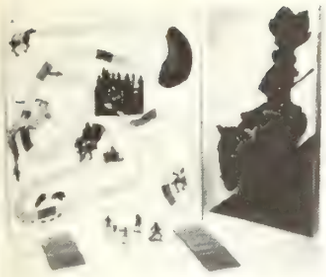
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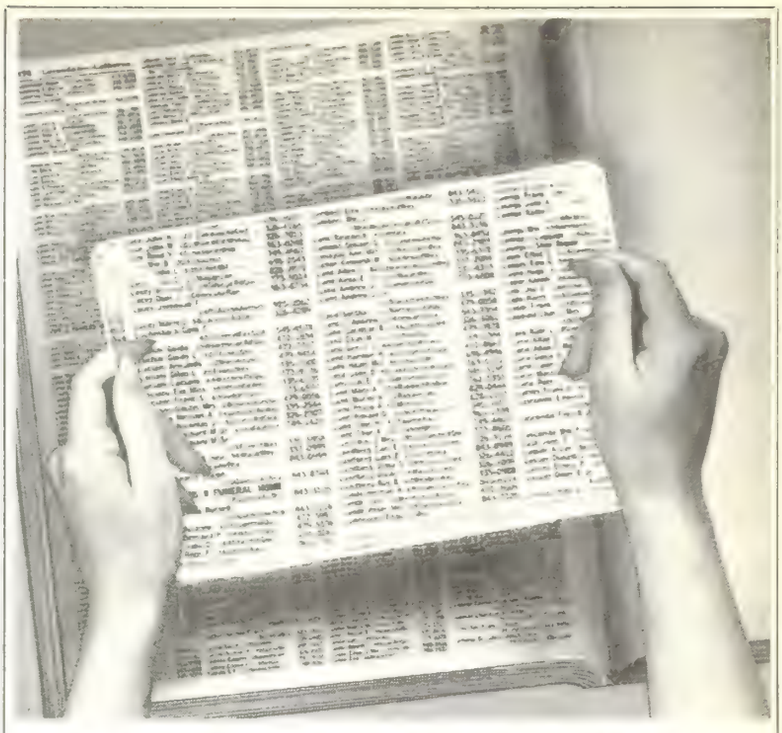
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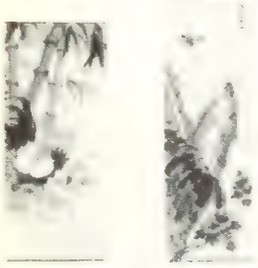
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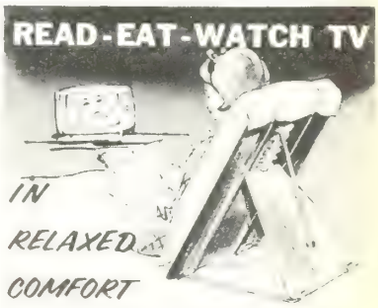
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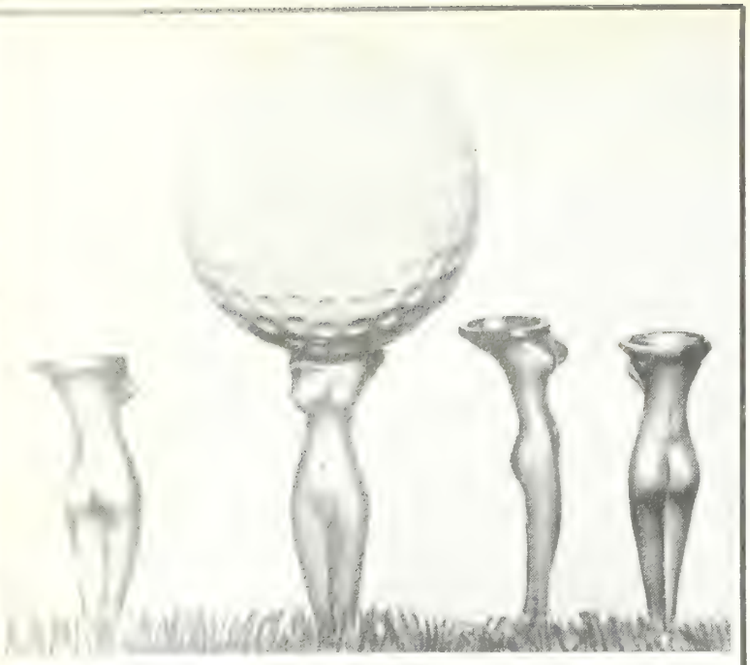


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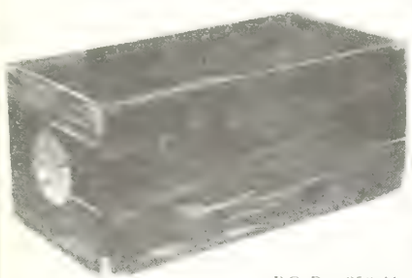
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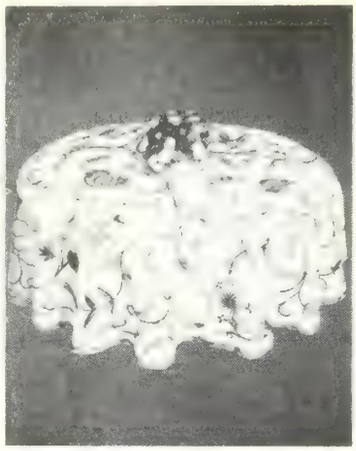


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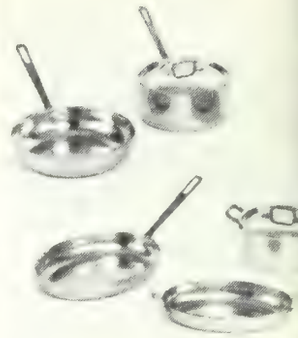
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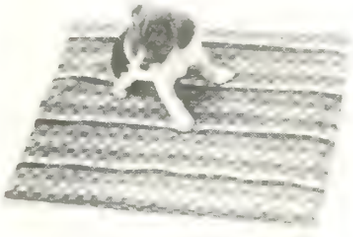
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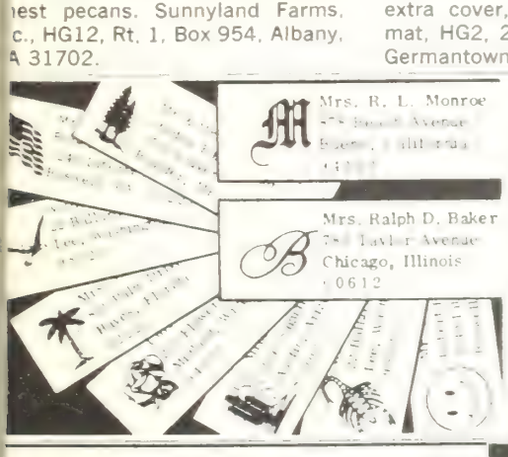
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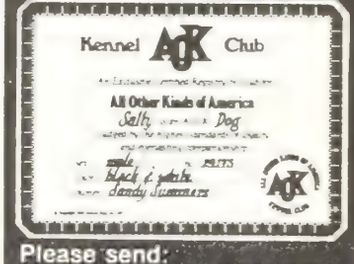
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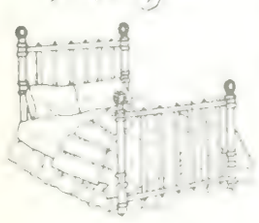
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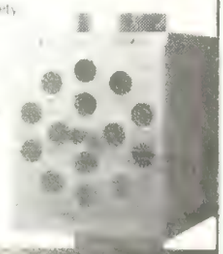
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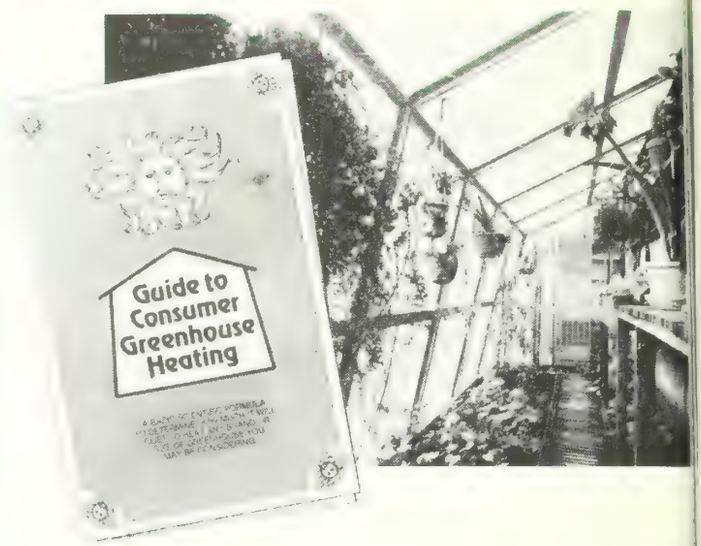
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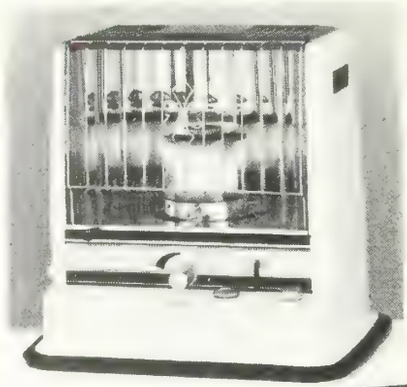
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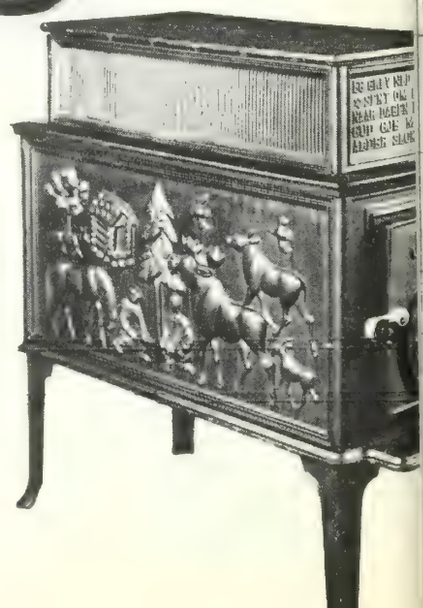


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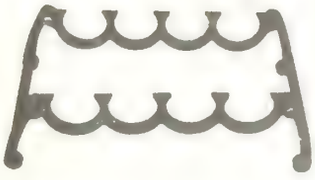
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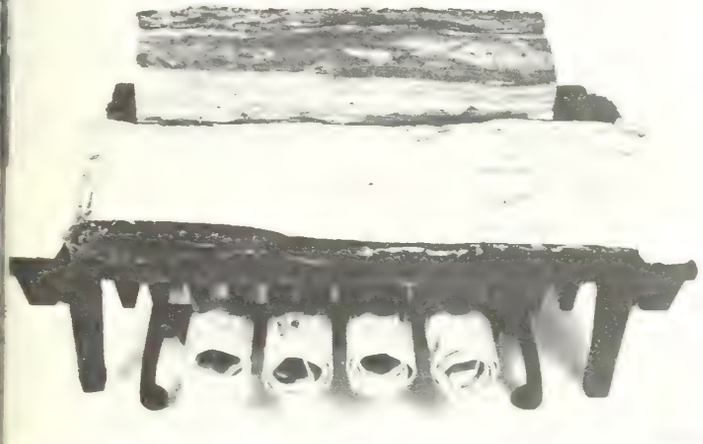




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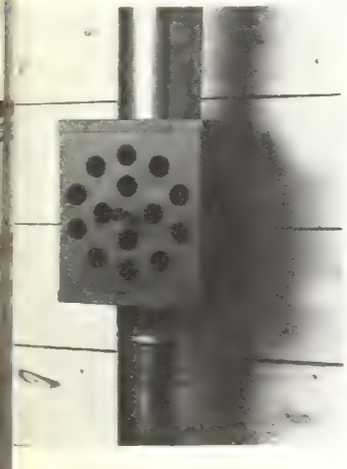
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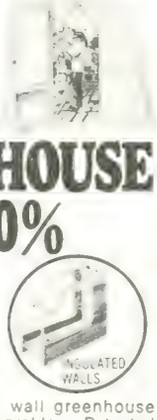
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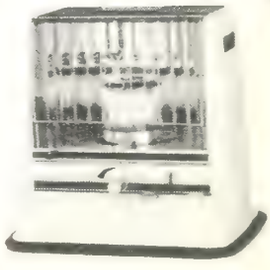
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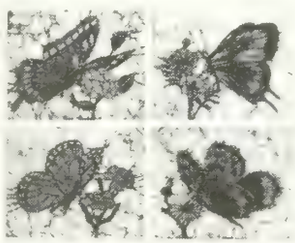
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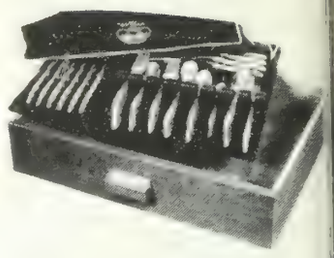
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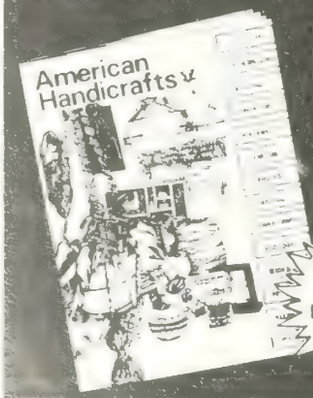
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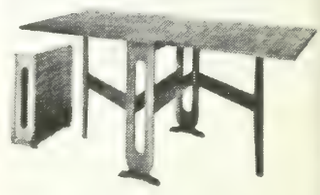
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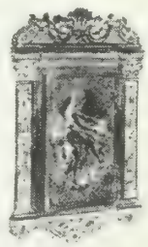
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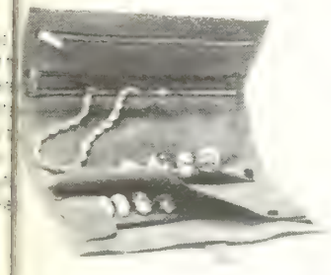


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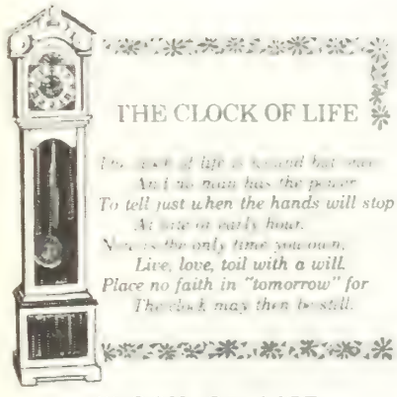
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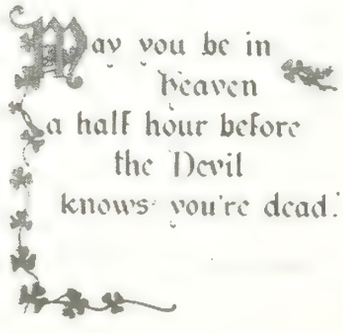
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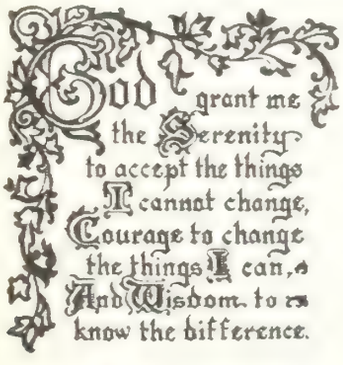
CLOCK OF LIFE



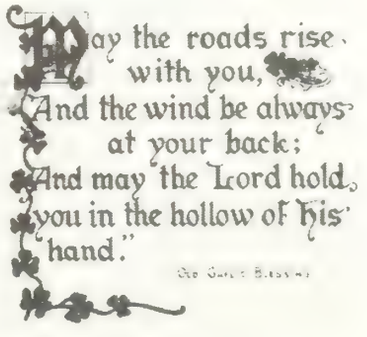
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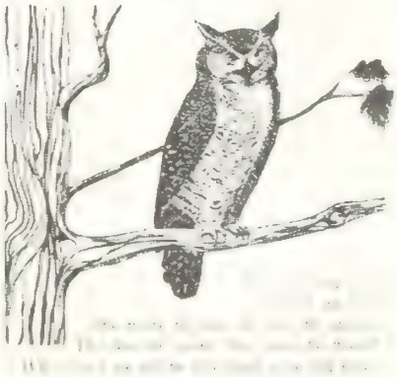
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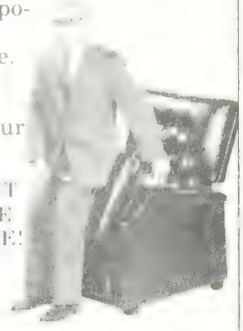
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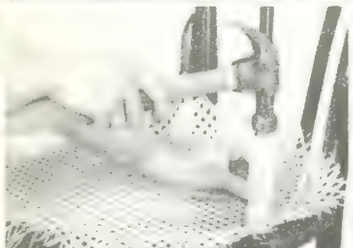
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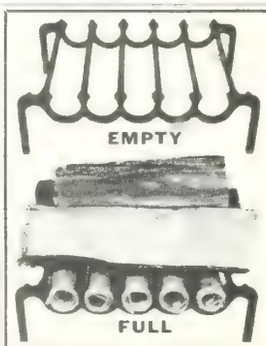


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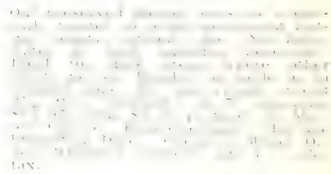
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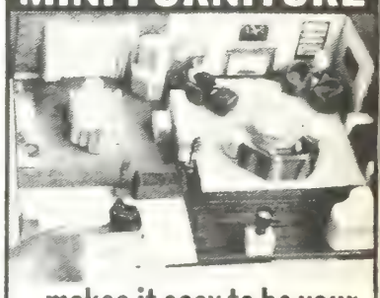
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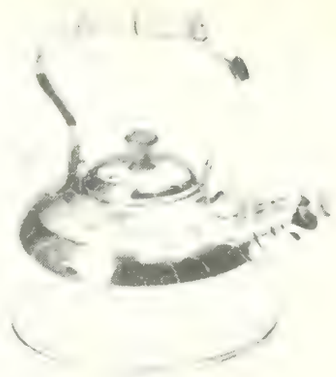
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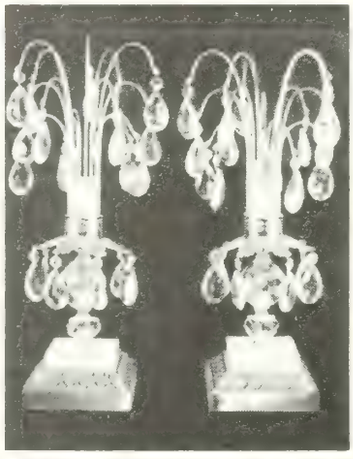
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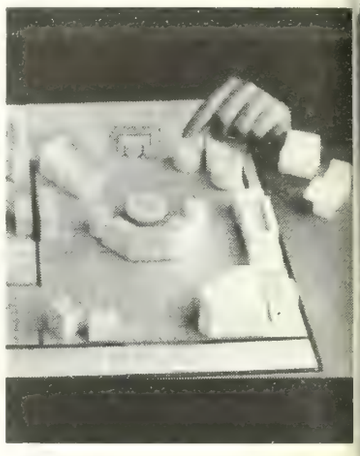
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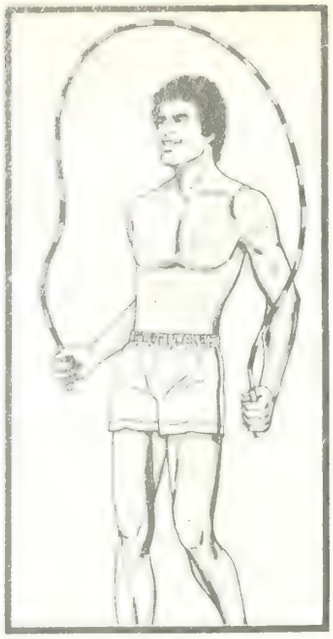
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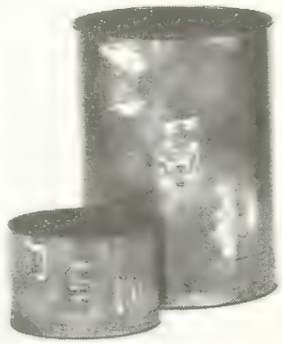
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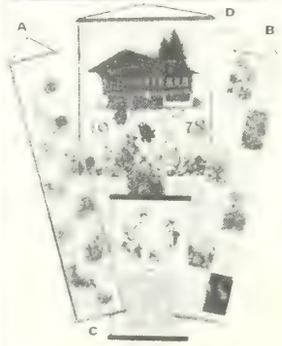
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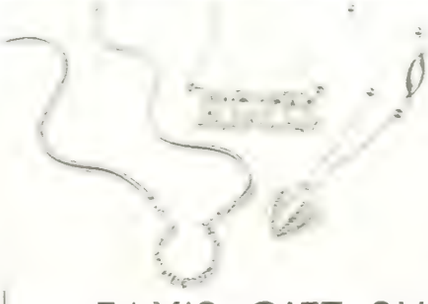
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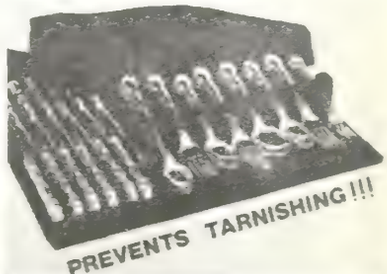
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MAKING THE MOST OF WINTER

Cascades of chrysanthemums, a new mini poinsettia, plus two recent books for winter reading



BY JAMES FANNING



Chrysanthemums in the round

The spectacular spheres of chrysanthemums displayed at Longwood (page 106) are the product of 9 months of painstaking care. To produce the late fall masses of bloom, cuttings are rooted in February. First, the varieties used must be those tending to trail, rather than growing upright. At Longwood, the yellow variety is "Jean Hart," and the bronze-flowered one is "Golden Pinwheel." In March, when the cuttings are well rooted, they are planted in 20-inch wire baskets lined with sphagnum moss, at the rate of 10 plants per basket. The soil mixture consists of 10 parts sphagnum peat, 6 parts topsoil (sterilized), 4 parts vermiculite, and 3 parts sharp sand, with a touch of lime if soil tests give an acid reaction.

The baskets are kept in a greenhouse and the plants encouraged to grow as much as they can until mid-May, when the danger of frost is past. They then go outdoors, in an area that gets all-day sunshine. The wire ribs of the spheres are attached to the baskets and growing shoots of the plants are tied to these as they lengthen. A soluble 20-20-20 fertilizer is applied at full strength every 2 weeks from then on, plus ½ strength dilution of the same fertilizer as part of every watering. Depending on the incidence of pests, appropriate sprays are applied whenever they may be called for.

The tying-in process continues through the summer, with the plant spheres kept from becoming shaggy by clipping with hedge shears. This results in an even sheet of green leaves that covers more and more of the wire spheres as the season progresses. By September the plants have attained their maximum growth and at this time the growth-retardant, B-Nine, in a .37 percent solution, is applied to prevent further lengthening of the stems. In early October, the plant globes are moved indoors, and the natural decrease in day length triggers formation of flower buds. Clipping is stopped and the globes are hung in their display positions, where they flower profusely from early November until a week or two after Thanksgiving Day.

Outdoors during the summer, Longwood chrysanthemum globes are shaped by tying and clipping

Petite poinsettia

In Europe, the poinsettia did not become a popular house plant until quite recently. Since European houses are kept considerably cooler in winter than our American ones, the plants became spindly, dropped their leaves, and were generally unattractive. Modern plant breeding changed all that. In the 1960s, new varieties were introduced that throve in Europe, and the poinsettia has since become as popular there as it is here. Popularity led to more breeding, particularly in Germany, and the result is compact plants with a durability unheard of a few years ago. One German breeder—Gregor Gutbier, of Linz—carried the compacting process to the point of actually producing a miniature variety no bigger than an African violet. This has been brought to the U.S. by the Paul Ecke Poinsettia Ranch, of California, and named *Amy*, for the young daughter of conservation-minded President Carter. Poinsettia Amy is being test-marketed at Christmastime, 1977—you may be lucky enough to find a plant or two at your local florist, but don't count on it. Under the Ecke's intensive program of propagation, there will probably be enough plants for general distribution in 1978, so we can look forward to counting Amy among our Christmas guests next year.



Poinsettia Amy is small enough to be part of an individual place setting

Loving earth

Oregonians, generally, are conscious of the bounty of nature, and none more so than Oregon's First Lady, Pat Straub. Long before her husband became Governor, Mrs. Straub was an enthusiastic organic gardener. Her garden was fertilized with fish emulsion, sprayed against insect pests with a brew of hot peppers, garlic, tomato leaves, liquid soap, and water. Nothing was wasted, with scraps going into salad whenever possible, into compost if not otherwise useful. Since her gardening attracted a lot of interest from friends and neighbors, it was only natural that she should put her hard-earned knowledge into writing. This took the form of a book, *From the Loving Earth* (Dutton, $5.95), which covers not only Mrs. Straub's home state, but growing conditions in the rest of the United States as well. Pat Straub is probably the only governor's wife in the nation to conduct a regular business in eggs, of which she markets 12 dozen a week. Her book should inspire gardeners everywhere to make the best use of their available land, whether or not chickens are included.

These are the months when gardening, perforce, moves indoors. The longer we've been at it, the more anxious we become to improve our selection of plants and the perfection to which we grow them on our windowsills or plant benches. One of the best guides to selecting houseplants and growing them to the height of their form is *Indoor Plants*, by Doris F. Hirsch (Chilton, $15). It includes not only all the ordinary house plants, but several hundred unusual ones, with explicit directions for growing each of them. Mrs. Hirch's chapter, "General Do, Private Don't, Major Why of Plant Care," is an education in itself, not to be missed by any beginner or advanced amateur. The numerous illustrations, mostly line drawings, are as clear and precise as the text they accompany.

Inside information

Winter driving
continued from page 72

Tips on winter driving

The way you drive will have the biggest effect on whether you and your car survive the winter intact. For example, fast driving on a cold engine causes all sorts of stress that will show up later in expensive repair bills. On the other hand, prolonged idling wastes gas and builds up harmful carbon deposits inside your engine. The answer is to drive more slowly until your engine warms up. It's better for your car, quicker for you—and you'll be using expensive energy for a purpose instead of blowing it out of the exhaust pipe. Because you and traffic will move more slowly and passing lanes are often unplowed, leave more time for trips, too. Winter is not a time to rush.

For safety's sake, clean winter dirt from your headlights and taillights more often than usual. They can clog up in a few hours or less. For better vision, polarized sunglasses prevent "snow blindness" from sun glare. They'll also help you spot icy patches and other surface changes. Finally, remember nobody can drive properly dressed in bulky winter clothes. Once the car interior has warmed up, stop and shed your outer layers so you'll have the necessary freedom behind the wheel. In the demanding conditions of winter driving, you need every bit of help you can get. ■

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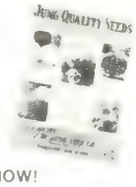
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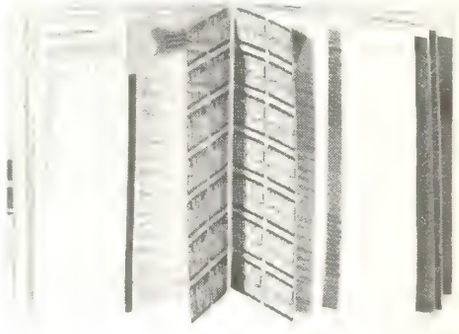
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Pages 94-97
Upholstered sofa: 84" x 34" x 30" h. Loose seat and back cushions. Graph-stitched cotton fabric by Vice Versa.* $1,270. From Philip Daniel.*
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Red candles: 3" x 6", $3. 3" x 9", $3.50. 10" tapers, 40¢. 12" tapers, 45¢. By Gibson Greeting Cards. At Party Bazaar.

BUILDING FACTS

Materials and equipment used in the remodeling on pages 122-127

ARCHITECTS: Robert A.M. Stern, Architects
INTERIOR DESIGNERS: Robert A.M. Stern, Architects
LANDSCAPE ARCHITECT: Peter G. Rolland
CONTRACTOR: A.H. Colledge Builders
SIZE OF HOUSE: 3,400 square feet
SIZE OF LOT: 4 acres
STRUCTURE
Foundation: Existing foundation and new work on concrete block by Digates Concrete Products with poured concrete footings.
Framing: Wood stud framing; new Douglas fir framing studs by Weyerhauser.
EXTERIOR OF HOUSE
Exterior walls: Machine cut, red cedar shingles by Canadian Forest Products, Ltd.
Exterior finish: #88 bleaching stain by Samuel Cabot Inc. and white paint on trim.
Roofs: Machine-cut red cedar shingles by Canadian Forest Products Ltd.
Insulation: Existing insulation.
Windows: New double-hung sash, wood-frame windows made to match existing windows by Henry J. Lunde, Inc.
Doors: Exterior wood and glass and interior wood-panel doors custom made by Henry J. Lunde, Inc.
INTERIOR OF HOUSE
Walls and ceilings: In screen porch, tongue-and-groove, hemlock boarding; in all other rooms, ½-inch gypsum wallboard by U.S. Gypsum co.
Interior finishes: Custom-mixed paints.
Floors: On first floor, pine boarding to match existing floors; on second floor, natural jute matting by Harmony carpet; in kitchen, carpet by Harmony Carpet; in baths, "Clearline" 1-inch-square white ceramic tile by American Olean; in living room, durrie rug by the Pillowry.
Lighting fixtures: Surface-mounted canopy fixtures by Harry Gitlin; recessed downlights by Edison Price, Inc.; custom-recessed lights by general contractor; custom hanging fixture in dining room by Harry Gitlin; shade by Karna Salmon; on stairhall and exterior, "Discos" by Paulsen.
Hardware: Brass lever handles by General Lock Div., Shlage Lock Co.; nylon lever handles by the Ironmonger; hinges by McKinney Mfg. Co. and The Stanley Works; other hardware by Russwin, Medeco, H.B. Ives, and Dor-o-matic.
Kitchen and bathroom cabinets and countertops: In kitchen, Formica-finished wood cabinets with butcher-block countertops by Westchester Custom Kitchens, Inc.; in bath, Formica-finished wood cabinets with Formica countertops by Ken Laser Woodworking.
Plumbing fixtures: In kitchen, sink and faucets by Elkay Mfg. Co.; in baths, wash basins by American-Standard Inc. with faucets by Fearless Faucets and Speakman.
MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Dishwasher by KitchenAid Div., Hobart Mfg. Co.; ovens and exhaust fan by Thermador Div., Norris Industries; range by Roper; refrigerator by Sub-Zero Freezer Co., Inc.

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